



Dried Cherry and Golden Raisin Turnovers

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



535 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 oz cream cheese softened
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup golden raisins mixed dried sour
- ☐ 1 puff pastry frozen thawed
- ☐ 2 tablespoons sugar

Equipment

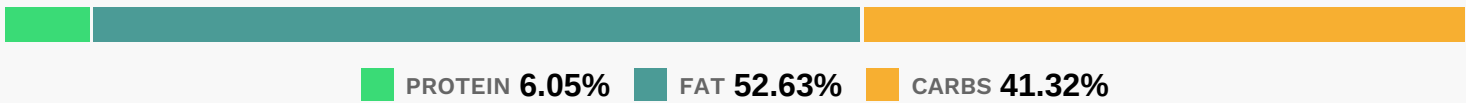
- ☐ baking sheet
- ☐ oven

☐ knife

Directions

- ☐ Preheat oven to 400°F.
- ☐ Quarter puff pastry sheet with a sharp knife to form 4 squares. Stir together cream cheese and 1 1/2 tablespoons sugar, then divide among squares, spreading to leave a 3/4-inch border of pastry all around.
- ☐ Sprinkle fruit over cream cheese.
- ☐ Brush some egg on pastry border. Fold pastry into a triangle to enclose filling and crimp edges with a fork.
- ☐ Cut a small steam vent in tops of turnovers.
- ☐ Brush tops with more egg and sprinkle with remaining , tablespoon sugar.
- ☐ Arrange on a lightly buttered baking sheet and bake in lower third of oven until puffed and golden brown, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:52.44, Glycemic Load:31.1, Inflammation Score:-4, Nutrition Score:9.4226087228112%

Flavonoids

Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 534.99kcal (26.75%), Fat: 31.98g (49.21%), Saturated Fat: 10.63g (66.46%), Carbohydrates: 56.48g (18.83%), Net Carbohydrates: 54.48g (19.81%), Sugar: 23.38g (25.98%), Cholesterol: 67.97mg (22.66%), Sodium: 240.35mg (10.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.55%), Selenium: 20.71µg (29.59%), Vitamin B2: 0.33mg (19.55%), Manganese: 0.39mg (19.44%), Vitamin B1: 0.26mg (17.06%), Vitamin B3: 2.89mg (14.46%), Folate: 56.38µg (14.09%), Iron: 2.3mg (12.78%), Phosphorus: 115.52mg (11.55%), Vitamin K: 11.3µg (10.76%), Copper: 0.18mg (9.09%), Potassium: 285.62mg (8.16%), Fiber: 2.01g (8.02%), Vitamin A: 353.66IU (7.07%), Vitamin B6: 0.13mg (6.69%), Magnesium: 22.73mg (5.68%), Calcium: 48.22mg (4.82%), Zinc: 0.68mg (4.53%), Vitamin E: 0.68mg (4.52%), Vitamin B5: 0.35mg (3.51%), Vitamin B12: 0.16µg (2.63%), Vitamin D: 0.25µg (1.67%), Vitamin C: 0.87mg (1.05%)