



## French Apple Turnovers (Chaussons Aux Pommes)



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



343 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 eggs beaten to blend (for glaze)
- ☐ 0.8 pound apples i use 2 granny smith apples
- ☐ 0.8 teaspoon juice of lemon fresh
- ☐ 14 ounce puff pastry frozen thawed (1 or 2 sheets, depending on brand)
- ☐ 0.8 pound delicious apples
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup water

## Equipment

- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ potato masher

## Directions

- ☐ Peel, core, and cut apples into 1-inch pieces (about 4 cups).
- ☐ Place apples in medium saucepan; add 1/4 cup water, 3 tablespoons sugar, and lemon juice. Bring to boil, stirring occasionally until sugar dissolves. Cover; reduce heat to medium-low and simmer until apples are very tender, stirring frequently, about 12 minutes.
- ☐ Remove from heat. Gently mash apples with fork or potato masher until mixture is very soft but still chunky. Cool completely. DO AHEAD: Filling can be made 2 days ahead. Cover and refrigerate.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 400°F. Line 2 baking sheets with parchment paper.
- ☐ If using 14-ounce package (1 sheet), roll out pastry on lightly floured surface to 15-inch square. If using 16-ounce package (2 sheets), stack sheets together and roll out on lightly floured surface to 15-inch square.
- ☐ Cut pastry into nine 5-inch squares.
- ☐ Place 1 generous tablespoon filling in center of each of 8 squares (reserve remaining square for another use). Lightly brush edges of 1 pastry with beaten egg. Fold half of pastry square over filling, forming triangle. Press and pinch pastry edges with fingertips to seal tightly. Lightly brush pastry with beaten egg.
- ☐ Sprinkle lightly with superfine sugar, if desired. Repeat with remaining squares. Using thin, sharp knife, make 3 small slits on top of each triangle to allow steam to escape.
- ☐ Place triangles on prepared baking sheets. Refrigerate until firm, about 15 minutes.
- ☐ Bake turnovers until beginning to color, about 15 minutes. Reverse baking sheets from top to bottom. Reduce oven temperature to 350°F; continue baking until turnovers are firm and golden, 10 to 15 minutes longer. Cool at least 15 minutes before serving.

☐

Servewarm or at room temperature.

# Nutrition Facts



## Properties

Glycemic Index:23.76, Glycemic Load:18.36, Inflammation Score:-3, Nutrition Score:6.2795652021532%

## Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

## Nutrients (% of daily need)

Calories: 342.88kcal (17.14%), Fat: 19.59g (30.13%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 38.67g (12.89%), Net Carbohydrates: 35.88g (13.05%), Sugar: 13.74g (15.26%), Cholesterol: 20.46mg (6.82%), Sodium: 132.61mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.07%), Selenium: 13.72µg (19.6%), Vitamin B1: 0.21mg (14.28%), Manganese: 0.27mg (13.68%), Fiber: 2.79g (11.15%), Vitamin B2: 0.19mg (11.09%), Folate: 43.93µg (10.98%), Vitamin B3: 2.15mg (10.75%), Vitamin K: 9.88µg (9.4%), Iron: 1.47mg (8.17%), Phosphorus: 50.05mg (5%), Vitamin C: 4.09mg (4.96%), Copper: 0.09mg (4.25%), Potassium: 129.43mg (3.7%), Magnesium: 12.95mg (3.24%), Vitamin E: 0.48mg (3.2%), Vitamin B6: 0.05mg (2.74%), Zinc: 0.37mg (2.46%), Vitamin A: 76.15IU (1.52%), Vitamin B5: 0.14mg (1.37%), Calcium: 13.44mg (1.34%)