



Glazed Cherry-Cheese Turnovers



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon orange juice
- ☐ 1 teaspoon orange rind fresh grated
- ☐ 16 sheets phyllo dough frozen thawed ()
- ☐ 0.5 cup powdered sugar divided
- ☐ 1.5 cups cherries sweet pitted coarsely chopped

- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ cutting board
- ☐ pizza cutter

Directions

- ☐ Combine cherries and granulated sugar in a medium saucepan over medium heat; bring to a boil. Reduce heat, and simmer 10 minutes, stirring occasionally.
- ☐ Combine cornstarch and 2 tablespoons water, stirring until smooth.
- ☐ Add cornstarch mixture to cherry mixture; bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Remove from heat; stir in rind and almond extract. Cool.
- ☐ Preheat oven to 40
- ☐ Combine 3 tablespoons powdered sugar, cheese, and vanilla in a small bowl, stirring until well blended.
- ☐ Place 1 phyllo sheet on a large cutting board or work surface (cover the remaining dough to keep from drying); lightly coat with cooking spray. Repeat layers 3 times. Gently press layers together. Using a sharp knife or a pizza cutter, cut each phyllo stack lengthwise into 4 (9 x 3 1/2-inch) strips. Spoon 1 teaspoon cream cheese mixture onto 1 short end of each rectangle. Spoon 1 level tablespoonful cherry mixture on top of cream cheese mixture, leaving a 1-inch border. Fold 1 corner of edge with 1-inch border over mixture, forming a triangle; continue folding back and forth into a triangle to end of strip. Repeat procedure with remaining phyllo, cooking spray, cream cheese, and cherry mixture.
- ☐ Place triangles, seam sides down, on a large baking sheet coated with cooking spray; lightly coat triangles with cooking spray.

- ☐ Bake at 400 for 10 minutes or until golden. Cool on wire racks 5 minutes.
- ☐ Combine the remaining 5 tablespoons powdered sugar and juice in a small bowl, stirring until smooth.
- ☐ Drizzle juice mixture over turnovers.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:6.99, Inflammation Score:-1, Nutrition Score:2.0913043333137%

Flavonoids

Cyanidin: 3.91mg, Cyanidin: 3.91mg, Cyanidin: 3.91mg, Cyanidin: 3.91mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 98.35kcal (4.92%), Fat: 1.18g (1.82%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 19.86g (7.22%), Sugar: 9.58g (10.64%), Cholesterol: 0mg (0%), Sodium: 92.05mg (4%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Protein: 1.49g (2.98%), Vitamin B1: 0.11mg (7.12%), Selenium: 4.49µg (6.41%), Manganese: 0.1mg (5.03%), Folate: 17.41µg (4.35%), Vitamin B2: 0.07mg (4.18%), Vitamin B3: 0.8mg (3.99%), Iron: 0.67mg (3.7%), Fiber: 0.65g (2.61%), Phosphorus: 17.14mg (1.71%), Vitamin C: 1.29mg (1.57%), Copper: 0.03mg (1.42%), Potassium: 44.37mg (1.27%), Magnesium: 4.41mg (1.1%)