



Golden Delicious Apple and Cheddar Turnovers with Dried Cranberries

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



557 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups coarsely cheddar cheese extra-sharp loosely packed grated ()
- ☐ 1 large eggs with 1 teaspoon water to blend (for glaze) beaten
- ☐ 0.3 cup maple syrup pure
- ☐ 17.3 ounce puff pastry frozen thawed (2 sheets)
- ☐ 2 medium golden delicious apples cored peeled halved cut into 1/2-inch cubes (2 1/2 cups)
- ☐ 1 pinch salt
- ☐ 8 servings sugar

- ☐ 0.3 cup cranberries dried sweetened
- ☐ 0.3 cup walnuts chopped

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ spatula

Directions

- ☐ Toss first 6 ingredients in medium bowl to blend. DO AHEAD: Can be made 2 hours ahead. Cover and chill.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 400°F. Line 2 large rimmed baking sheets with parchment.
- ☐ Roll out 1 puff pastry sheet on lightly floured surface to 11-inch square. Using 5- to 5 1/2-inch plate or bowl as template, cut out 4 rounds from pastry.
- ☐ Transfer pastry rounds to 1 baking sheet, spacing apart. Repeat with second pastry sheet, placing rounds on second baking sheet. Spoon filling onto half of each pastry round, dividing all of filling among rounds.
- ☐ Brush edges of pastry lightly with some of egg glaze. Fold plain pastry half over filling; press on edges to seal and enclose filling completely, then press tines of fork along pastry edge to create tight seal. Using tip of small sharp knife, cut two 1/2-inch-long slits in top of crust on each turnover.
- ☐ Brush tops with egg glaze, then sprinkle with sugar.
- ☐ Bake turnovers until crusts are puffed and golden and juices are bubbling through slits in crusts, about 25 minutes. Carefully run metal spatula under turnovers to loosen and transfer to racks to cool slightly.
- ☐ Serve warm or at room temperature.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:27.67, Inflammation Score:-4, Nutrition Score:10.723478343176%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 556.85kcal (27.84%), Fat: 33.1g (50.93%), Saturated Fat: 10.22g (63.87%), Carbohydrates: 56.81g (18.94%), Net Carbohydrates: 54.36g (19.77%), Sugar: 26.11g (29.01%), Cholesterol: 21.19mg (7.06%), Sodium: 297.93mg (12.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.19%), Manganese: 0.68mg (34.2%), Selenium: 21.11µg (30.15%), Vitamin B2: 0.42mg (24.43%), Vitamin B1: 0.28mg (18.5%), Calcium: 173.75mg (17.37%), Phosphorus: 151.78mg (15.18%), Folate: 57.22µg (14.3%), Vitamin B3: 2.68mg (13.39%), Vitamin K: 11.77µg (11.21%), Iron: 1.8mg (9.98%), Fiber: 2.46g (9.83%), Zinc: 1.31mg (8.73%), Copper: 0.15mg (7.55%), Magnesium: 25.87mg (6.47%), Vitamin A: 238.21IU (4.76%), Vitamin E: 0.68mg (4.51%), Potassium: 143.26mg (4.09%), Vitamin B12: 0.22µg (3.74%), Vitamin B6: 0.07mg (3.36%), Vitamin C: 2.15mg (2.6%), Vitamin B5: 0.14mg (1.44%)