



 **24%**
HEALTH SCORE

Herbed Potato Turnovers

 Vegetarian

READY IN



150 min.

SERVINGS



8

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.3 cups bread flour
- 1.5 tablespoons curry powder
- 1 teaspoon rosemary dried
- 1 teaspoon yeast dry
- 2 cloves garlic minced
- 0.3 cup yogurt
- 0.3 cup yogurt
- 0.5 onion diced

- 10 ounce peas frozen
- 2 cups potatoes – remove skin diced red
- 0.5 teaspoon salt
- 8 servings salt and pepper
- 1 teaspoon thyme leaves dried
- 0.8 cup water

Equipment

Nutrition Facts



PROTEIN 16.76% **FAT 4.74%** **CARBS 78.5%**

Properties

Glycemic Index:36.04, Glycemic Load:18.12, Inflammation Score:-6, Nutrition Score:9.375652173913%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 186.4kcal (9.32%), Fat: 0.98g (1.51%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 32.7g (11.89%), Sugar: 3.87g (4.3%), Cholesterol: 0.31mg (0.1%), Sodium: 359.1mg (15.61%), Protein: 7.8g (15.6%), Manganese: 0.53mg (26.36%), Selenium: 15.61µg (22.29%), Vitamin C: 17.21mg (20.85%), Fiber: 3.83g (15.33%), Folate: 52.16µg (13.04%), Vitamin B1: 0.2mg (13.03%), Phosphorus: 117.67mg (11.77%), Vitamin K: 10.63µg (10.13%), Copper: 0.17mg (8.74%), Potassium: 281.81mg (8.05%), Magnesium: 32.12mg (8.03%), Iron: 1.41mg (7.81%), Vitamin B2: 0.13mg (7.77%), Vitamin B3: 1.54mg (7.7%), Vitamin B6: 0.15mg (7.51%), Zinc: 1.05mg (7.02%), Vitamin A: 297.75IU (5.95%), Calcium: 56.96mg (5.7%), Vitamin B5: 0.41mg (4.08%), Vitamin E: 0.44mg (2.92%), Vitamin B12: 0.09µg (1.56%)