



Hot Mushroom Turnovers

 Vegetarian

READY IN



120 min.

SERVINGS



1

CALORIES



2033 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter divided softened
- 0.5 cup philadelphia cream cheese spread ()
- 0.3 cup knudsen cream sour
- 1 eggs beaten
- 1.5 cups flour divided
- 0.5 lb mushrooms fresh finely chopped
- 1 small onion finely chopped
- 0.3 tsp thyme leaves dried

Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- plastic wrap
- cookie cutter

Directions

- Beat cream cheese spread and 1/2 cup butter in large bowl with mixer until blended. Gradually beat in 1-1/2 cups flour; shape into ball. Wrap in plastic wrap. Refrigerate 1 hour.
- Meanwhile, melt remaining butter in medium skillet on medium-high heat.
- Add mushrooms and onions; cook 5 to 7 min. or until mushroom liquid is cooked off.
- Add thyme and remaining flour; mix well. Stir in sour cream.
- Remove from heat.
- Heat oven to 400F.
- Roll out dough on lightly floured surface to 15-inch square. Use 2-1/2-inch cookie cutter to cut dough into 36 rounds, rerolling scraps as necessary.
- Spoon 1 tsp. mushroom mixture onto center of each round; brush edge with egg. Fold in half; seal edges with fork.
- Place on baking sheets sprayed with cooking spray.
- Cut small slits in tops to allow steam to escape; brush with remaining egg.
- Bake 18 to 20 min. or until golden brown.

Nutrition Facts

 **PROTEIN 8.22%**  **FAT 59.15%**  **CARBS 32.63%**

Properties

Glycemic Index:229, Glycemic Load:106.64, Inflammation Score:-10, Nutrition Score:48.742608567943%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg

Nutrients (% of daily need)

Calories: 2032.64kcal (101.63%), Fat: 134.67g (207.18%), Saturated Fat: 81.77g (511.05%), Carbohydrates: 167.15g (55.72%), Net Carbohydrates: 158.6g (57.67%), Sugar: 13.68g (15.19%), Cholesterol: 512mg (170.67%), Sodium: 1354.66mg (58.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.11g (84.21%), Selenium: 101.78µg (145.39%), Vitamin B2: 2.19mg (129.06%), Vitamin B1: 1.72mg (114.84%), Folate: 422.61µg (105.65%), Vitamin B3: 19.48mg (97.38%), Vitamin A: 4521.34IU (90.43%), Manganese: 1.5mg (74.89%), Iron: 10.85mg (60.27%), Phosphorus: 576.12mg (57.61%), Copper: 1.06mg (53.08%), Vitamin B5: 5.3mg (52.96%), Fiber: 8.55g (34.19%), Potassium: 1185.09mg (33.86%), Calcium: 297.99mg (29.8%), Vitamin B6: 0.5mg (25.24%), Zinc: 3.47mg (23.16%), Vitamin E: 3.46mg (23.09%), Magnesium: 82.28mg (20.57%), Vitamin B12: 0.8µg (13.27%), Vitamin C: 10.78mg (13.07%), Vitamin K: 9.78µg (9.32%), Vitamin D: 1.33µg (8.89%)