



Mini Apple Turnovers with Walnuts and Gorgonzola



Vegetarian



Popular

READY IN



50 min.

SERVINGS



24

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups apples good cored peeled chopped (use a cooking apple such as Jonagold, Pippin, Granny Smith, Jonathan, Golden Delicious, Gravenstein, McIntosh)
- ☐ 0.5 cup walnuts chopped
- ☐ 0.3 cup gorgonzola cheese crumbled
- ☐ 2 teaspoons thyme leaves dried fresh crumbled chopped (or)
- ☐ 2 Tbsp honey
- ☐ 7 ounce sheets puff pastry prepared (total 14 ounces)
- ☐ 1 eggs beaten

Equipment

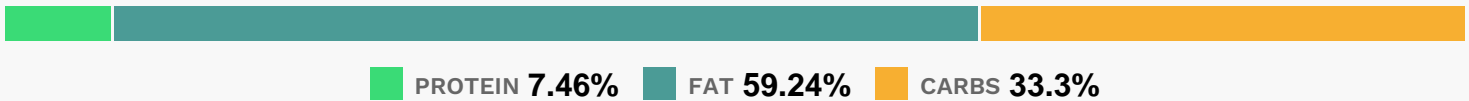
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ pastry brush
- ☐ pizza cutter

Directions

- ☐ Pre-cook and chop apples:
- ☐ Place chopped apples in a bowl, microwave on high heat for 5 minutes until apples are cooked through.
- ☐ Remove from heat and let cool.
- ☐ Drain excess moisture.
- ☐ Once cooled, chop further so that the pieces are between 1/4-inch and 1/2-inch square. (Note you can skip this step if you want; the main purpose is to get the apples to release some of their moisture before cooking into the pastry.)
- ☐ Make stuffing:
- ☐ Combine apples, walnuts, gorgonzola, thyme and honey in a small bowl.
- ☐ Cut and stuff puff pastry: Preheat oven to 400°F. Working with one puff pastry sheet at a time (leave the second one in the refrigerator until using it) roll out the pastry to a size of 9-inches by 12-inches.
- ☐ Cut into 12 3x3-inch squares (a pizza slicer works great for this).
- ☐ Paint 1/2-inch of border around each square with beaten egg (this will help the pastry seal).
- ☐ Place a heaping teaspoon of the apple walnut mixture in the center of the squares.
- ☐ Fold over the squares into a triangle shape, stretching the dough if necessary to cover the filling. Use the tines of a fork to crimp the edges.

- ☐ Place triangles on a silpat or parchment paper lined baking sheet, with space between the triangles.
- ☐ Chill for 5 minutes in the refrigerator before baking, or chill while you prepare the second puff pastry sheet.
- ☐ Whisk in a half teaspoon of water into the remaining beaten egg. Use a pastry brush to paint on the tops of the pastry triangles for a nice glaze.
- ☐ Place in 400°F oven and bake for 15–20 minutes until nicely puffed up and lightly browned. Allow to cool for at least 20 minutes before serving.
- ☐ Serve either warm or at room temperature. Can be made several hours in advance.

Nutrition Facts



Properties

Glycemic Index:9.68, Glycemic Load:3.11, Inflammation Score:-2, Nutrition Score:1.7782608594583%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 77.83kcal (3.89%), Fat: 5.27g (8.1%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.16g (2.24%), Sugar: 2.39g (2.65%), Cholesterol: 7.7mg (2.57%), Sodium: 36.94mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Manganese: 0.13mg (6.56%), Selenium: 2.87µg (4.1%), Vitamin B1: 0.04mg (2.91%), Copper: 0.05mg (2.68%), Folate: 10.47µg (2.62%), Vitamin B2: 0.04mg (2.55%), Phosphorus: 22.69mg (2.27%), Iron: 0.36mg (2.02%), Fiber: 0.5g (2.01%), Vitamin B3: 0.4mg (1.99%), Magnesium: 6.36mg (1.59%), Vitamin K: 1.6µg (1.53%), Zinc: 0.18mg (1.23%), Vitamin B6: 0.02mg (1.2%), Calcium: 11.71mg (1.17%)