

Mushroom Turnovers



Vegetarian

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READY IN

ready

40 min.

SERVINGS

servings

10

CALORIES

calories

133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 ounce cream cheese
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 0.8 pound mushrooms fresh finely chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 medium onion chopped
- ☐ 0.3 teaspoon salt

☐ 0.5 cup cup heavy whipping cream sour

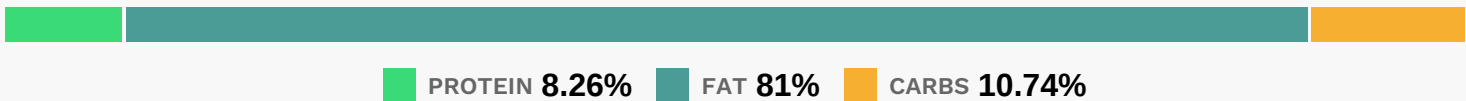
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a medium bowl, mix together the cream cheese and 1 cup of butter until well blended.
- ☐ Mix in the flour until fully incorporated. Pat into a ball, and refrigerate while you make the filling.
- ☐ Melt 2 tablespoons of butter in a large skillet.
- ☐ Add the mushrooms and onion. Season with thyme, salt and pepper. Cook and stir until tender, about 5 minutes.
- ☐ Sprinkle the flour over everything so it won't get lumpy, then reduce the heat to low, and stir in the sour cream.
- ☐ Heat just until thickened, then remove from the heat.
- ☐ Preheat the oven to 350 degrees F (175 degrees C). On a lightly floured surface, roll the dough out to about 1/4 inch thickness.
- ☐ Cut into 3 inch rounds.
- ☐ Place a small amount of the mushroom mixture on one side of each circle, then fold the dough over and press to seal. Prick the tops with a fork to vent steam, and place the pastries on a baking sheet. (They can also be frozen at this time until needed.)
- ☐ Bake for 15 minutes in the preheated oven, or until golden brown. If baking frozen turnovers, it may take an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:24.3, Glycemic Load:0.88, Inflammation Score:-3, Nutrition Score:3.8365216954895%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 133.29kcal (6.66%), Fat: 12.43g (19.13%), Saturated Fat: 7.2g (45.02%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.24g (1.18%), Sugar: 2.15g (2.39%), Cholesterol: 35.71mg (11.9%), Sodium: 152.87mg (6.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Vitamin B2: 0.21mg (12.49%), Vitamin A: 447.34IU (8.95%), Selenium: 5.7µg (8.15%), Vitamin B5: 0.69mg (6.9%), Phosphorus: 65.04mg (6.5%), Vitamin B3: 1.29mg (6.43%), Copper: 0.12mg (5.92%), Potassium: 162.96mg (4.66%), Calcium: 37.33mg (3.73%), Vitamin B6: 0.06mg (3%), Vitamin B1: 0.04mg (2.68%), Folate: 10.24µg (2.56%), Zinc: 0.34mg (2.3%), Manganese: 0.04mg (2.14%), Vitamin E: 0.31mg (2.07%), Fiber: 0.47g (1.89%), Magnesium: 7.12mg (1.78%), Vitamin B12: 0.09µg (1.54%), Vitamin C: 1.23mg (1.49%), Iron: 0.25mg (1.42%), Vitamin K: 1.25µg (1.19%)