



## Naturally Sweet Apple Turnovers

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 large apples diced peeled
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 4 ounces cream cheese very cold cubed
- 1 egg yolk
- 16 servings dough
- 1 cups flour
- 0.3 teaspoon ground allspice

- 0.1 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 juice of lemon
- 0.3 teaspoon kosher salt
- 2 tablespoons maple syrup
- 2 tablespoons milk
- 0.1 cup powdered sugar
- 3 tablespoons sugar
- 0.5 cup butter unsalted very cold cubed
- 1 teaspoon frangelico (or vanilla or rum)
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## Equipment

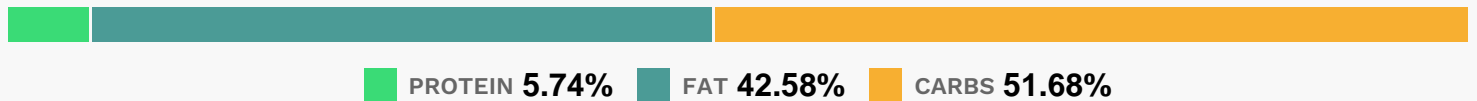
- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender
- plastic wrap

## Directions

- Start dough by whisking dry ingredients in a medium sized bowl.
- Add butter and incorporate with a pastry blender until coarse crumbs develop.
- Add cream cheese and incorporate well. Plop in egg yolk and stir with a fork until dough comes together into a ball. Turn dough out onto a floured surface and roll into a uniform ball. Slightly press flat with the palm of your hand and wrap in plastic wrap. Chill at least one hour. Once dough has chilled, set it on a floured surface and roll it out to about 10 x 1

- Cut into sixteen even squares.
- Lay the dough squares on a parchment paper covered baking sheet and set in the freezer to chill. In a separate bowl, toss the apples with the lemon juice, maple syrup, spices and brown sugar. Make sure to cover all of the apple pieces. Take dough out of freezer. Drop about 1 tablespoon of filling into the center of each piece of dough. Fold one pointed edge towards its opposite corner to form a triangle. Crimp edges with a fork along the seams. Repeat with all of the dough.
- Brush a little milk over the top of each turnover and sprinkle with extra sugar if desired. (Pop back into the freezer for a quick chill if the dough is soft.)
- Bake in a preheated oven at 400 degrees for 20 minutes or until browned.

## Nutrition Facts



## Properties

Glycemic Index: 21.35, Glycemic Load: 11.32, Inflammation Score: -3, Nutrition Score: 4.5695652173913%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Taste

Sweetness: 100%, Saltiness: 15.85%, Sourness: 50.46%, Bitterness: 18.7%, Savoriness: 6.7%, Fattiness: 54.46%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 205.62kcal (10.28%), Fat: 9.83g (15.12%), Saturated Fat: 5.52g (34.5%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 25.55g (9.29%), Sugar: 9.46g (10.52%), Cholesterol: 34.78mg (11.59%), Sodium: 153.57mg (6.68%), Protein: 2.98g (5.96%), Manganese: 0.25mg (12.55%), Selenium: 8.5µg (12.14%), Vitamin B1: 0.18mg (11.72%),

Vitamin B2: 0.17mg (10.03%), Folate: 34.57µg (8.64%), Vitamin B3: 1.28mg (6.42%), Vitamin A: 307.2IU (6.14%), Iron: 1.08mg (6.02%), Fiber: 1.3g (5.19%), Phosphorus: 41.66mg (4.17%), Calcium: 22.31mg (2.23%), Potassium: 77.59mg (2.22%), Vitamin E: 0.33mg (2.19%), Copper: 0.04mg (2.16%), Vitamin C: 1.66mg (2.02%), Vitamin B5: 0.2mg (2.01%), Magnesium: 7.99mg (2%), Zinc: 0.26mg (1.72%), Vitamin K: 1.79µg (1.71%), Vitamin B6: 0.03mg (1.57%), Vitamin D: 0.19µg (1.25%)