



Orange-Apple Turnovers

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 3 tablespoons butter
- ☐ 4 small granny smith apples
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons orange juice fresh divided
- ☐ 1.5 teaspoons orange rind divided grated
- ☐ 0.3 cup powdered sugar
- ☐ 15 ounce piecrusts refrigerated

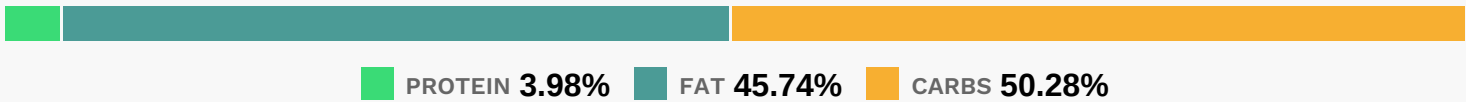
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Peel and chop 4 small apples.
- ☐ Combine apple, 1 teaspoon orange rind, 1 tablespoon orange juice, and next 3 ingredients in a medium saucepan. Cook over medium heat, stirring occasionally, 10 to 15 minutes or until apple is soft. Cool.
- ☐ Unfold piecrusts, and stack together on a lightly floured surface.
- ☐ Roll into a 14- x 9-inch rectangle; cut pastry into 8 equal rectangles. Spoon apple mixture evenly into center of each rectangle. Starting with a short side, fold dough over filling. Press edges with a fork to seal, and prick tops.
- ☐ Place turnovers on an aluminum foil-lined baking sheet.
- ☐ Bake at 450 for 10 minutes or until golden. Cool.
- ☐ Stir together 3/4 cup powdered sugar, remaining 1/2 teaspoon grated orange rind, and remaining 1 tablespoon fresh orange juice.
- ☐ Drizzle over turnovers.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:2.95, Inflammation Score:-4, Nutrition Score:5.3995651771193%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg

Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 353.99kcal (17.7%), Fat: 18.22g (28.04%), Saturated Fat: 5.24g (32.73%), Carbohydrates: 45.07g (15.02%), Net Carbohydrates: 41.77g (15.19%), Sugar: 16.14g (17.94%), Cholesterol: 0mg (0%), Sodium: 269.07mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Manganese: 0.31mg (15.42%), Fiber: 3.3g (13.19%), Vitamin B1: 0.16mg (10.91%), Folate: 40.94µg (10.24%), Iron: 1.54mg (8.54%), Vitamin B3: 1.53mg (7.66%), Vitamin C: 6.08mg (7.37%), Vitamin B2: 0.11mg (6.71%), Vitamin K: 5.6µg (5.33%), Phosphorus: 48.82mg (4.88%), Vitamin A: 239.37IU (4.79%), Selenium: 3.12µg (4.46%), Potassium: 149.91mg (4.28%), Vitamin E: 0.55mg (3.67%), Copper: 0.07mg (3.27%), Magnesium: 12.96mg (3.24%), Vitamin B6: 0.06mg (3.11%), Vitamin B5: 0.28mg (2.82%), Calcium: 23.49mg (2.35%), Zinc: 0.28mg (1.86%)