



Outta Sight Sweet Potato Turnovers

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



36

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon anise extract
- 0.7 cup blanched almonds and whole
- 0.3 cup brown sugar
- 1 eggs beaten
- 0.3 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon honey
- 1 lemon zest

- 4 sheets puff pastry frozen thawed
- 2 pounds sweet potatoes whole unpeeled

Equipment

- oven
- mixing bowl
- pot
- potato masher
- cutting board

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Put the potatoes in a medium pot and cover with water. Bring water to a boil over medium heat and cook until soft, approximately 20 minutes. Use a fork to pierce the potato to see if it is tender.
- Drain the potatoes and let to cool.
- When the potatoes are cool enough to handle, peel off the skin.
- Cut the potatoes into large chunks and add to a mixing bowl. Mash with a potato masher or fork.
- Add the sugars and mix thoroughly. Stir in the lemon zest, ground almonds, cinnamon, anise extract and honey.
- Roll out 1 of the pastry sheets on a floured cutting board. Using a 3 to 3 1/2-inch biscuit cutter, cut out as many circles of the dough as possible. Put a dollop of sweet potato filling on each circle, then fold the circles in half to form a half moon. Press the edges together with a fork to seal and arrange on sheet tray lined with parchment. Repeat with the remaining pastry sheets and filling.
- Brush the top of each turnover with beaten egg.
- Bake until golden brown, approximately 15 minutes.
- Remove and allow to cool for 5 minutes. Arrange on a serving platter, dust with powdered sugar and serve.

Nutrition Facts

PROTEIN 6% FAT 52.08% CARBS 41.92%

Properties

Glycemic Index:6.7, Glycemic Load:10.37, Inflammation Score:-9, Nutrition Score:7.473043564869%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 200.21kcal (10.01%), Fat: 11.72g (18.03%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 19.78g (7.19%), Sugar: 4.72g (5.25%), Cholesterol: 4.55mg (1.52%), Sodium: 84.3mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin A: 3582.35IU (71.65%), Manganese: 0.25mg (12.59%), Selenium: 7.22µg (10.32%), Vitamin B1: 0.13mg (8.87%), Vitamin B3: 1.36mg (6.8%), Vitamin B2: 0.12mg (6.77%), Folate: 25.77µg (6.44%), Fiber: 1.44g (5.77%), Iron: 0.97mg (5.38%), Vitamin E: 0.78mg (5.18%), Copper: 0.1mg (4.76%), Vitamin K: 4.86µg (4.63%), Magnesium: 17.21mg (4.3%), Phosphorus: 41.87mg (4.19%), Potassium: 121.34mg (3.47%), Vitamin B6: 0.06mg (3.21%), Vitamin B5: 0.23mg (2.31%), Zinc: 0.31mg (2.05%), Calcium: 18.53mg (1.85%)