



Pear-Cranberry Turnovers



Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds bosc pears diced cored ripe peeled quartered (3)
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup cranberries dried
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 17 sheets regular phyllo pastry fresh whole wheat frozen thawed (if)
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted melted (1 stick)

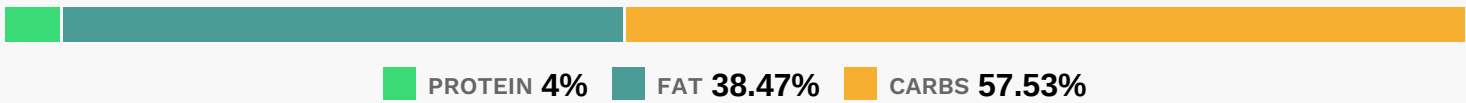
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 375°. Line 2 large rimmed baking sheets with parchment.
- ☐ Combine pears, cranberries, 1/4 cup sugar, cornstarch, and lemon peel in large bowl; toss to coat.
- ☐ Stack phyllo sheets on work surface; cover with plastic wrap, then damp kitchen towel.
- ☐ Place 1 phyllo sheet on work surface.
- ☐ Brush with some of melted butter. Top with second sheet; brush with butter. Fold phyllo in half lengthwise, forming 17-inch- long strip.
- ☐ Place scant 1/2 cup pear mixture on phyllo strip, about 2 inches in from 1 short side and in center. Fold 1 corner of strip over pear mixture, then fold phyllo back and forth (like a flag), enclosing filling.
- ☐ Brush top with butter after each fold until entire strip is folded, forming triangle.
- ☐ Transfer turnover, seam side down, to 1 baking sheet.
- ☐ Brush top with butter. Repeat with remaining phyllo, butter, and pear mixture.
- ☐ Place 4 turnovers on each sheet.
- ☐ Bake turnovers until golden brown, about 35 minutes.
- ☐ Transfer to plates. Sift powdered sugar lightly over turnovers; serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.11, Glycemic Load:15.92, Inflammation Score:-4, Nutrition Score:6.290869553452%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 322.25kcal (16.11%), Fat: 14.15g (21.77%), Saturated Fat: 7.91g (49.42%), Carbohydrates: 47.62g (15.87%), Net Carbohydrates: 43.78g (15.92%), Sugar: 20.12g (22.36%), Cholesterol: 30.5mg (10.17%), Sodium: 197.97mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Vitamin B1: 0.23mg (15.37%), Fiber: 3.84g (15.36%), Selenium: 9.75µg (13.92%), Manganese: 0.25mg (12.72%), Folate: 41.94µg (10.49%), Vitamin B2: 0.17mg (9.89%), Vitamin B3: 1.83mg (9.15%), Iron: 1.49mg (8.29%), Vitamin A: 375.93IU (7.52%), Vitamin K: 6.32µg (6.02%), Copper: 0.12mg (5.94%), Vitamin C: 3.99mg (4.84%), Phosphorus: 44.66mg (4.47%), Vitamin E: 0.62mg (4.15%), Potassium: 136.21mg (3.89%), Magnesium: 12.66mg (3.17%), Zinc: 0.31mg (2.03%), Vitamin B6: 0.04mg (2.03%), Vitamin B5: 0.2mg (1.96%), Calcium: 16.6mg (1.66%), Vitamin D: 0.21µg (1.42%)