



Pear-Cranberry Turnovers

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 pounds bosc pear diced cored ripe peeled quartered (3)
- 1 tablespoon cornstarch
- 0.5 cup cranberries dried
- 17 sheets dough fresh whole wheat frozen thawed (if)
- 0.3 cup sugar
- 0.5 cup butter unsalted melted (1 stick)

Equipment

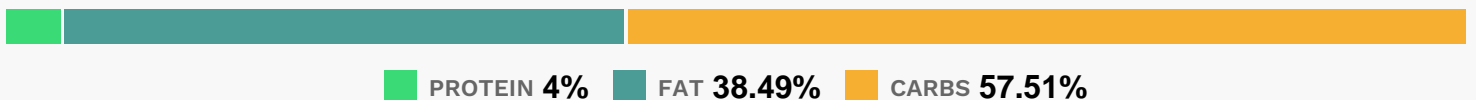
- bowl

- 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:6.2621739493764%

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: 322.13kcal (16.11%), Fat: 14.15g (21.77%), Saturated Fat: 7.91g (49.42%), Carbohydrates: 47.58g (15.86%), Net Carbohydrates: 43.77g (15.92%), Sugar: 20.11g (22.35%), Cholesterol: 30.5mg (10.17%), Sodium: 197.95mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin B1: 0.23mg (15.36%), Fiber: 3.81g (15.26%), Selenium: 9.75µg (13.92%), Manganese: 0.25mg (12.72%), Folate: 41.91µg (10.48%), Vitamin B2: 0.17mg (9.88%), Vitamin B3: 1.83mg (9.14%), Iron: 1.49mg (8.27%), Vitamin A: 375.81IU (7.52%), Vitamin K: 6.32µg (6.02%), Copper: 0.12mg (5.92%), Phosphorus: 44.63mg (4.46%), Vitamin C: 3.67mg (4.45%), Vitamin E: 0.62mg (4.15%), Potassium: 135.81mg (3.88%), Magnesium: 12.63mg (3.16%), Zinc: 0.3mg (2.03%), Vitamin B6: 0.04mg (2%), Vitamin B5: 0.2mg (1.96%), Calcium: 16.26mg (1.63%), Vitamin D: 0.21µg (1.42%)