



Pear Mincemeat Turnovers

READY IN



45 min.

SERVINGS



12

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons apple juice
- 1 teaspoon cider vinegar
- 2 cups flour all-purpose divided
- 1 tablespoon granulated sugar
- 6 tablespoons ice water
- 0.5 teaspoon juice of lemon
- 0.3 teaspoon lemon rind grated
- 2 tablespoons milk 1% low-fat divided
- 0.8 cup bottled mincemeat

- 0.5 cup pears ripe peeled coarsely chopped
- 2 tablespoons powdered sugar
- 0.5 teaspoon salt
- 0.5 cup vegetable shortening

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- blender
- plastic wrap
- measuring cup

Directions

- To prepare filling, combine first 5 ingredients; set aside.
- To prepare pastry, lightly spoon flour into dry measuring cups; level with a knife.
- Combine 1/2 cup flour, ice water, and vinegar, stirring with a whisk until well blended to form a slurry.
- Combine 1 1/2 cups flour, powdered sugar, and salt in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add slurry; toss with a fork until moist. Gently press mixture into a 4-inch circle.
- Place dough on 2 sheets of slightly overlapping plastic wrap on a slightly damp surface. Cover dough with 2 additional sheets of plastic wrap.
- Roll dough, still covered, into a 16 x 12-inch rectangle. Slide dough onto a baking sheet; place in freezer 10 minutes or until the plastic wrap can be easily removed. (Keep chilled until ready to use.)
- Preheat oven to 40
- Remove top sheets of plastic wrap.

- Place dough, plastic wrap side up, on a flat surface.
- Remove remaining sheets of plastic wrap.
- Cut pastry into 12 (4-inch) squares.
- Place about 1 tablespoon filling into center of each square. Moisten the edges of squares with 1 tablespoon milk; bring 2 opposite corners together. Press edges together with a fork to seal, forming a triangle.
- Place triangles on a large baking sheet.
- Brush tops with 1 tablespoon milk; sprinkle evenly with granulated sugar.
- Bake at 400 for 18 minutes or until golden.
- Serve warm or at room temperature.

Nutrition Facts

PROTEIN 4.94% **FAT 37.78%** **CARBS 57.28%**

Properties

Glycemic Index:18.49, Glycemic Load:12.5, Inflammation Score:-1, Nutrition Score:3.5330434545227%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 208.27kcal (10.41%), Fat: 8.78g (13.51%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 28.86g (10.49%), Sugar: 12.72g (14.13%), Cholesterol: 0.13mg (0.04%), Sodium: 177.63mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin B1: 0.17mg (11.17%), Selenium: 7.14µg (10.2%), Folate: 38.7µg (9.67%), Manganese: 0.15mg (7.35%), Vitamin B2: 0.11mg (6.4%), Vitamin B3: 1.24mg (6.22%), Iron: 0.99mg (5.5%), Vitamin K: 4.92µg (4.68%), Fiber: 1.1g (4.41%), Vitamin E: 0.55mg (3.64%), Phosphorus: 25.95mg (2.6%), Copper: 0.04mg (1.87%), Vitamin B5: 0.16mg (1.62%), Magnesium: 5.49mg (1.37%), Zinc: 0.17mg (1.1%)