



## Pizza Pockets/Purse

READY IN



90 min.

SERVINGS



12

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon celery salt
- 0.3 cup cornstarch
- 12 square egg roll wrappers
- 1 tablespoon parsley fresh minced
- 1 tablespoon thyme leaves fresh minced
- 1 teaspoon ground cumin
- 0.5 teaspoon ground pepper white
- 1 teaspoon kosher salt
- 12 servings oil for deep frying

- 12 servings parmesan shredded for garnish
- 0.5 cup onions red julienned
- 1.5 cups mozzarella cheese shredded
- 2 cups tomatoes diced

## Equipment

- bowl
- paper towels
- sauce pan
- pot
- slotted spoon

## Directions

- Combine the tomatoes, onions, parsley, thyme, cumin, celery salt, kosher salt and white pepper in a saucepan. Cook, stirring, for 1 hour. The sauce should be reduced to about 1 1/4 cups.
- Add more salt and pepper to taste, if needed.
- Heat oil in a deep-fryer or a large, heavy pot to 375 degrees F.
- Lay the wrappers on a flat clean surface. Blend the cheese and 1/4 cup red sauce in a bowl to create the stuffing. Blend the cornstarch and 1/4 cup water in another bowl, mixing well to create a slurry.
- Brush the edges of the wrappers with slurry, then place a dollop of sauced cheese in the center of each wrapper. Bring the edges of the wrappers towards the center in a cone shape, and then pinch and seal the bottom edge over to create a triangle.
- Fry the pockets until golden, 3 minutes, and then remove with a slotted spoon and allow excess oil to drip over paper towels.
- Sprinkle with Parmesan and serve over remaining red sauce.

## Nutrition Facts



PROTEIN 20.26%  FAT 30.47%  CARBS 49.27%

## Properties

Glycemic Index:16.75, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:16.497391197992%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 450.58kcal (22.53%), Fat: 15.06g (23.17%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 54.8g (18.27%), Net Carbohydrates: 52.71g (19.17%), Sugar: 1.33g (1.47%), Cholesterol: 39.11mg (13.04%), Sodium: 1444.43mg (62.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.08%), Calcium: 474.76mg (47.48%), Selenium: 33.22µg (47.46%), Phosphorus: 336.64mg (33.66%), Vitamin B1: 0.47mg (31.4%), Manganese: 0.61mg (30.58%), Vitamin B2: 0.47mg (27.69%), Vitamin B3: 4.88mg (24.42%), Folate: 81.97µg (20.49%), Iron: 3.51mg (19.47%), Zinc: 1.92mg (12.78%), Vitamin A: 605.75IU (12.11%), Vitamin B12: 0.7µg (11.6%), Vitamin K: 10.29µg (9.8%), Magnesium: 38.27mg (9.57%), Fiber: 2.1g (8.39%), Copper: 0.16mg (8.05%), Vitamin C: 5.3mg (6.43%), Potassium: 185.13mg (5.29%), Vitamin E: 0.73mg (4.84%), Vitamin B6: 0.09mg (4.45%), Vitamin B5: 0.21mg (2.11%), Vitamin D: 0.21µg (1.37%)