



Salmon Turnovers

READY IN



45 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs with 2 tablespoons water beaten
- ☐ 1 cup fried rice white cooked
- ☐ 0.5 cup sautéed mushrooms
- ☐ 1 tablespoon parsley leaves chopped
- ☐ 1 tablespoons relish sour
- ☐ 1 sheet puff pastry
- ☐ 1 can salmon boneless skinless
- ☐ 4 servings salt and pepper
- ☐ 2 to 3 scallions chopped

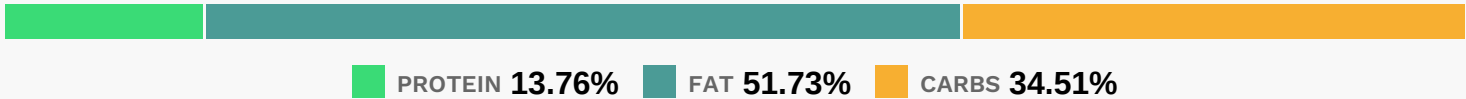
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Lightly flour the countertop.
- ☐ Roll puff pastry so there are no seams.
- ☐ Cut into 4 squares.
- ☐ In a bowl, combine salmon, mushrooms, pickle relish, rice, scallions, parsley, salt, and pepper.
- ☐ Place 1 tablespoon of filling in the center of each square.
- ☐ Brush inside edges of puff pastry with egg wash and fold over to make a triangle. Using a fork, seal the edges. Poke a slit or two in the top of each turnover.
- ☐ Brush tops with egg wash.
- ☐ Bake in oven for 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:15.14, Inflammation Score:-6, Nutrition Score:15.512173897546%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 471.82kcal (23.59%), Fat: 27.08g (41.67%), Saturated Fat: 6.53g (40.83%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 38.86g (14.13%), Sugar: 1.34g (1.49%), Cholesterol: 27.5mg (9.17%), Sodium: 556.59mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.21g (32.42%), Selenium: 34.23µg (48.89%), Vitamin

B3: 7.38mg (36.9%), Vitamin K: 38.68µg (36.84%), Vitamin B12: 1.59µg (26.58%), Vitamin B1: 0.39mg (26.31%),
Vitamin B2: 0.44mg (25.64%), Vitamin B6: 0.44mg (21.97%), Folate: 69.71µg (17.43%), Manganese: 0.32mg (16.24%),
Phosphorus: 151.37mg (15.14%), Iron: 2.32mg (12.89%), Copper: 0.24mg (12.17%), Vitamin A: 545.93IU (10.92%),
Potassium: 380.59mg (10.87%), Vitamin B5: 1.02mg (10.2%), Fiber: 1.78g (7.14%), Magnesium: 27.85mg (6.96%),
Zinc: 0.75mg (5%), Vitamin C: 3.05mg (3.69%), Vitamin E: 0.37mg (2.48%), Calcium: 23.64mg (2.36%)