



## Savory Garlic Beef & Broccoli Turnovers

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



4067 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 tsp pepper black
- 2 cups broccoli florets fresh chopped
- 6 Tbsp butter melted
- 8 oz philadelphia cream cheese spread
- 0.5 cup knudsen cream sour
- 1 Tbsp flour
- 1 Tbsp parsley fresh chopped
- 2 cloves garlic minced

- 1 lb ground beef
- 2 Tbsp milk divided
- 0.5 cup onions chopped
- 24 sheets phyllo dough frozen thawed

## Equipment

- frying pan
- baking sheet
- oven
- pizza cutter

## Directions

- Heat oven to 400F.
- Mix cream cheese spread, 2 Tbsp. milk and garlic until blended. Reserve 3 Tbsp. cream cheese mixture. Brown meat with onions in large skillet; drain. Return meat mixture to skillet.
- Add broccoli; cook and stir 3 min. Stir in flour and pepper.
- Add remaining cream cheese mixture and sour cream; cook and stir on low heat 2 min. or until heated through.
- Place 1 phyllo sheet on work surface; brush lightly with butter. Repeat with second phyllo sheet; cover with third phyllo sheet. (Do not brush top sheet with butter.).
- Cut phyllo stack lengthwise in half with pizza cutter. Repeat with remaining phyllo sheets to make 16 strips.
- Spoon 3 Tbsp. meat filling onto 1 end of 1 phyllo strip, about 1 inch from corner. Fold over opposite corner to form triangle. Continue folding, like a flag, to opposite end. Repeat with remaining phyllo strips.
- Place turnovers, seam sides down, on baking sheets; brush with remaining butter.
- Bake 12 to 15 min. or until golden brown.
- Mix reserved cream cheese mixture and milk.
- Place turnovers on platter; drizzle with cream cheese mixture.
- Sprinkle with parsley.

# Nutrition Facts

PROTEIN 13.47% FAT 57.99% CARBS 28.54%

## Properties

Glycemic Index:354, Glycemic Load:97.21, Inflammation Score:-10, Nutrition Score:78.434347671011%

## Flavonoids

Apigenin: 8.2mg, Apigenin: 8.2mg, Apigenin: 8.2mg, Apigenin: 8.2mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 14.86mg, Kaempferol: 14.86mg, Kaempferol: 14.86mg, Kaempferol: 14.86mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 22.29mg, Quercetin: 22.29mg, Quercetin: 22.29mg, Quercetin: 22.29mg

## Nutrients (% of daily need)

Calories: 4067.35kcal (203.37%), Fat: 260.5g (400.76%), Saturated Fat: 129.34g (808.35%), Carbohydrates: 288.52g (96.17%), Net Carbohydrates: 273.18g (99.34%), Sugar: 19.87g (22.08%), Cholesterol: 717.29mg (239.1%), Sodium: 4220.27mg (183.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 136.17g (272.33%), Selenium: 188.34µg (269.05%), Vitamin K: 276.57µg (263.4%), Vitamin C: 176.23mg (213.61%), Vitamin B3: 39.72mg (198.58%), Vitamin B1: 2.95mg (196.45%), Vitamin B12: 10.26µg (170.92%), Vitamin B2: 2.77mg (163.1%), Zinc: 22.82mg (152.16%), Folate: 592.11µg (148.03%), Manganese: 2.94mg (146.82%), Iron: 25.77mg (143.14%), Phosphorus: 1360.42mg (136.04%), Vitamin A: 6507.61IU (130.15%), Vitamin B6: 2.17mg (108.35%), Potassium: 2523.04mg (72.09%), Calcium: 700.84mg (70.08%), Fiber: 15.34g (61.35%), Vitamin B5: 5.48mg (54.78%), Magnesium: 214.44mg (53.61%), Copper: 0.92mg (45.98%), Vitamin E: 6.13mg (40.88%), Vitamin D: 0.78µg (5.22%)