



WHATSheATE



## Savory Savoy Cabbage Turnovers



Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 carrots thinly sliced
- ☐ 0.3 cup chicken broth
- ☐ 2 cup flour all-purpose plus more for rolling
- ☐ 1 clove garlic minced peeled
- ☐ 0.5 teaspoon kosher salt plus more for sprinkling
- ☐ 0.5 teaspoon mustard seeds whole
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion cut into ¼' dice

- ☐ 1.5 cup savoy cabbage slaw style chopped
- ☐ 1 cup butter unsalted cold cut into small dice
- ☐ 2 tablespoon water cold
- ☐ 0.5 cup yogurt

## Equipment

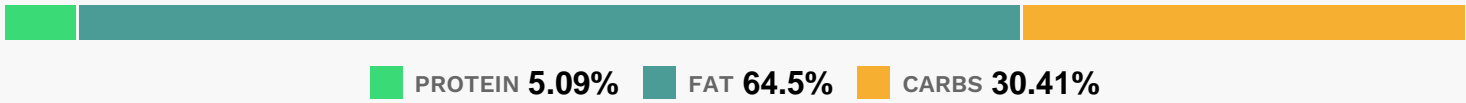
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

## Directions

- ☐ In a bowl, stir together flour and  $\frac{1}{4}$  t salt. Using a pasty blender, cut cold butter into flour until your mixture looks like a course meal with some pea sized pieces of butter.
- ☐ Mix the water into the yogurt and add to the flour mixture.
- ☐ Mix till you get a nice dough. Form the dough into a ball. On a flourey surface, roll into an 18 by 9 inch rectangle. Take the ends and fold the dough crosswise into thirds forming a 6 by 9 inch rectangle. Fold the dough into thirds again from the other side (to your right, so that you have a small square or even ball like shape). Wrap dough and chill in the fridge for 1 hour. While the dough is chilling make the filling.
- ☐ Heat the olive oil in a medium-sized sautÃ© pan set over medium heat.
- ☐ Add the cabbage, carrot, onion, garlic, remaining  $\frac{1}{4}$  t salt, and mustard seeds to the pan. SautÃ© for 5-6 minutes, stirring occasionally.
- ☐ Add the broth and continue to cook and stir until the pan is nearly dry.
- ☐ Remove from heat and cool. At this point cut the chilled dough in half.
- ☐ Roll each half of the dough out on a floured surface into a 12 inch square.
- ☐ Cut the two 12 inch squares into 8 equally-sized squares. Divide the cooled cabbage mixture equally among the 8 squares. Fold over the edges of the dough toward each other to form a triangular shape. Crimp the edges together with the end of a fork and brush with egg and sprinkle with additional salt.

- ☐
- Bake at 395 for 10 minutes. Turn the heat down to 385 and bake for 12–15 more minutes or until golden.
- ☐
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:28.73, Glycemic Load:18, Inflammation Score:-8, Nutrition Score:9.133043475773%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 354.63kcal (17.73%), Fat: 25.7g (39.53%), Saturated Fat: 15.2g (95%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 25.59g (9.3%), Sugar: 1.95g (2.16%), Cholesterol: 63.14mg (21.05%), Sodium: 193.02mg (8.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Vitamin A: 2129.77IU (42.6%), Folate: 73.27µg (18.32%), Vitamin B1: 0.27mg (18.25%), Selenium: 11.86µg (16.95%), Manganese: 0.28mg (13.85%), Vitamin K: 13.26µg (12.63%), Vitamin B2: 0.2mg (11.89%), Vitamin B3: 2.02mg (10.11%), Iron: 1.6mg (8.89%), Phosphorus: 68.61mg (6.86%), Vitamin E: 1.03mg (6.84%), Fiber: 1.66g (6.66%), Vitamin C: 5.47mg (6.62%), Calcium: 41.13mg (4.11%), Magnesium: 15.77mg (3.94%), Potassium: 137.43mg (3.93%), Vitamin B6: 0.07mg (3.62%), Copper: 0.07mg (3.53%), Vitamin D: 0.44µg (2.94%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.43mg (2.85%), Vitamin B12: 0.11µg (1.77%)