



WHATSHATE



Spinach and Kale Turnovers

READY IN



45 min.

SERVINGS



8

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 11.3 ounce dinner roll dough refrigerated canned (such as Pillsbury)
- ☐ 3 ounces feta cheese crumbled
- ☐ 1 garlic clove chopped
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 3 cups kale chopped (1 small bunch)
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped

- ☐ 2.5 tablespoons parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt

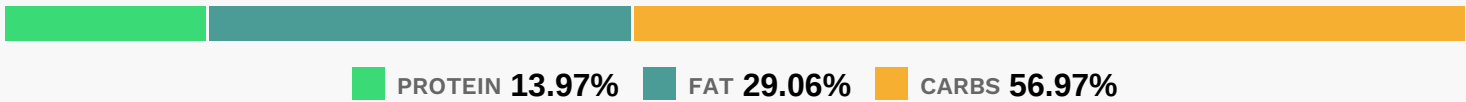
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add onion; saut 10 minutes or until tender and lightly browned.
- ☐ Add garlic; saut 2 minutes.
- ☐ Add kale and spinach; saut 8 minutes or until kale is tender. Stir in pepper, salt, and nutmeg.
- ☐ Remove from heat; cool slightly. Stir in feta.
- ☐ Separate dough into 8 pieces.
- ☐ Roll each dough piece into a 5-inch circle. Spoon about 1/3 cup kale mixture on half of each circle, leaving a 1/2-inch border. Fold dough over kale mixture until edges almost meet. Bring bottom edge of dough over top edge; crimp edges of dough with fingers to form a rim.
- ☐ Place turnovers on a baking sheet coated with cooking spray. Lightly coat turnovers with cooking spray; sprinkle each turnover with about 1 teaspoon Parmesan.
- ☐ Bake at 375 for 18 minutes or until golden brown.
- ☐ Let stand at least 5 minutes before serving; serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:12.446086939262%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg

Nutrients (% of daily need)

Calories: 161.83kcal (8.09%), Fat: 5.1g (7.85%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 20.55g (7.47%), Sugar: 1.03g (1.14%), Cholesterol: 10.52mg (3.51%), Sodium: 429.11mg (18.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.03%), Vitamin K: 134.52µg (128.11%), Vitamin A: 2838.68IU (56.77%), Vitamin C: 14.93mg (18.09%), Manganese: 0.29mg (14.75%), Folate: 53.5µg (13.37%), Calcium: 117.91mg (11.79%), Vitamin B2: 0.17mg (9.91%), Fiber: 1.96g (7.83%), Phosphorus: 68.06mg (6.81%), Vitamin B6: 0.13mg (6.43%), Magnesium: 24.47mg (6.12%), Potassium: 186.58mg (5.33%), Iron: 0.85mg (4.73%), Vitamin E: 0.66mg (4.37%), Zinc: 0.53mg (3.55%), Vitamin B1: 0.05mg (3.51%), Selenium: 2.39µg (3.41%), Vitamin B12: 0.2µg (3.31%), Copper: 0.05mg (2.33%), Vitamin B3: 0.38mg (1.92%), Vitamin B5: 0.16mg (1.59%)