



Strawberry Rhubarb Turnovers

READY IN

ready

75 min.

SERVINGS

servings

8

CALORIES

calories

489 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 0.5 cup whipped cream cheese room temperature
- ☐ 2 eggs divided
- ☐ 2 teaspoons lemon zest
- ☐ 0.3 cup pistachios chopped
- ☐ 8 servings powdered sugar for garnish
- ☐ 17 ounce puff pastry frozen thawed
- ☐ 0.8 cup rhubarb fresh cut into 1/2-inch pieces if peel outside layer
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 pint strawberries sliced for garnish

- ☐ 6 tablespoons sugar divided
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

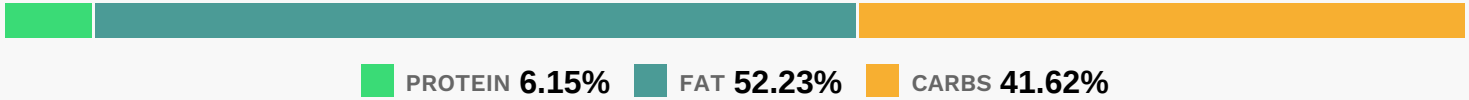
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small nonreactive saucepan, combine 1/4 cup water, strawberries, rhubarb and 3 tablespoons of the sugar and heat over medium-high heat.
- ☐ Let mixture simmer for 20 to 30 minutes or until thickened and fruit has broken down, like a thick jam.
- ☐ Remove from heat and let cool to room temperature. When cool, strain off any extra liquid. (Can be prepared in advance.)
- ☐ In a small bowl, add remaining 3 tablespoons sugar and vanilla. Every so often, while preparing ingredients, stir with a small fork to combine. The sugar will absorb the vanilla.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a medium bowl, combine the rhubarb-strawberry compote with the cream cheese, sour cream, 1 egg, lemon zest and pistachios.
- ☐ In a small bowl, beat the remaining egg and add 1 tablespoon of water.
- ☐ Cover a large baking sheet with parchment paper or a silicone baking sheet. Working quickly with the dough, unfold the sheets.
- ☐ Cut each sheet into 4 equal squares.
- ☐ Place a scant 1/4 cup filling inside each square and wet the outer edges with egg wash. Fold the pastry over to form a triangle and seal with a fork.

- ☐ Brush with egg wash and sprinkle with the vanilla sugar.
- ☐ Transfer to the prepared baking sheet and bake for 25 to 30 minutes.
- ☐ Let rest for 10 minutes before serving.
- ☐ Garnish top with powdered sugar and sliced strawberries.

Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:22.79, Inflammation Score:-5, Nutrition Score:11.940434854964%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 489.11kcal (24.46%), Fat: 28.78g (44.28%), Saturated Fat: 7.7g (48.11%), Carbohydrates: 51.61g (17.2%), Net Carbohydrates: 48.74g (17.72%), Sugar: 21.33g (23.7%), Cholesterol: 48.01mg (16%), Sodium: 169.95mg (7.39%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 7.63g (15.25%), Vitamin C: 36.69mg (44.47%), Manganese: 0.61mg (30.6%), Selenium: 19.1µg (27.29%), Vitamin B1: 0.31mg (20.56%), Folate: 70.38µg (17.59%), Vitamin B2: 0.26mg (15.53%), Vitamin B3: 2.86mg (14.31%), Vitamin K: 14.56µg (13.87%), Iron: 2.22mg (12.36%), Fiber: 2.87g (11.49%), Phosphorus: 107.72mg (10.77%), Copper: 0.18mg (8.94%), Vitamin B6: 0.15mg (7.72%), Potassium: 244.27mg (6.98%), Magnesium: 27.56mg (6.89%), Vitamin E: 0.81mg (5.42%), Calcium: 49.03mg (4.9%), Zinc: 0.71mg (4.73%), Vitamin A: 170.75IU (3.42%), Vitamin B5: 0.32mg (3.16%), Vitamin B12: 0.12µg (2.06%), Vitamin D: 0.23µg (1.57%)