



Sweet Potato Turnovers with Sweet Kraut

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon vegan butter cold
- ☐ 1 cup flour for dusting all-purpose plus more
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 tablespoon olive oil
- ☐ 2 cups cabbage red thinly sliced (approximately)

- ☐ 1 cup mirin sweet
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegan shortening cold
- ☐ 1 large sweet potatoes and into peeled chopped
- ☐ 1.5 teaspoons vanilla extract pure

Equipment

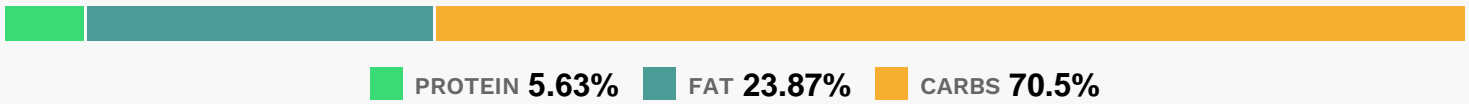
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ To make the sweet potato filling, bring a medium pot of salted water to a boil over high heat. Boil the sweet potato chunks just until tender, about 10 minutes.
- ☐ Drain the potatoes, reserving 1/4 cup of the cooking water.
- ☐ Transfer the hot potatoes and reserved cooking water, the brown sugar, vegan butter, vanilla, and salt to a medium bowl. Beat with a hand mixer until totally smooth, then set aside to fully cool.
- ☐ Meanwhile, make the sweet kraut.
- ☐ Heat the oil in a medium sauté pan over medium heat.
- ☐ Add the cabbage and allow it to start to sear for about 3 minutes, then add the brown sugar and spices.
- ☐ Let the sugar start to melt with the cabbage juice for another 3 minutes, then add the Riesling. Allow the cabbage to cook down and steam itself for another 8 to 10 minutes. The cabbage will now be dark pink instead of purple.

- ☐ Remove the pan from the heat and let it cool fully.
- ☐ While the potatoes and kraut are cooling, make the turnover crust. Pulse together the flour, vegan butter, and vegan shortening until it looks chunky and sandy.
- ☐ Add the sugar, olive oil, cinnamon, salt, and allspice and pulse again. While pulsing, slowly drizzle in 2 to 3 tablespoons cold water, little by little—just until a loose dough ball is formed and spins around the bowl of the food processor. Wrap the dough in plastic wrap and refrigerate for at least 10 minutes or up to 2 days.
- ☐ Preheat the oven to 400°F. Line a sheet pan with parchment paper.
- ☐ On a work surface dusted with flour, roll out the dough to 1/4 inch thick. Use a 4-inch-wide circle cutter to stamp out the turnover shells.
- ☐ Place 1 heaping tablespoon of the sweet potato filling in the center of each dough circle. Bring the edges of the circle together, forming a half circle, and pinch them together tightly. Use a fork to crimp the edges of the seal. Arrange the turnovers on the prepared sheet pan.
- ☐ Bake the turnovers until golden brown, 10 to 12 minutes.
- ☐ Remove from the oven and allow to cool slightly. Arrange on serving dishes with the sweet kraut and serve.
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Nutrition Facts



Properties

Glycemic Index:50.85, Glycemic Load:20.43, Inflammation Score:-10, Nutrition Score:12.603478248029%

Flavonoids

Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 275.77kcal (13.79%), Fat: 6.66g (10.25%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 41.29g (15.02%), Sugar: 16.58g (18.42%), Cholesterol: 5.02mg (1.67%), Sodium: 251.34mg (10.93%), Alcohol: 4.14g (100%), Alcohol %: 3.11% (100%), Protein: 3.54g (7.08%), Vitamin A: 8429.66IU (168.59%), Vitamin C: 18.31mg (22.19%), Manganese: 0.41mg (20.54%), Vitamin B1: 0.23mg (15.17%), Vitamin K: 15.19µg (14.47%), Folate: 49.9µg (12.48%), Fiber: 3g (11.99%), Selenium: 7.75µg (11.07%), Vitamin B6: 0.19mg (9.71%), Vitamin B2: 0.16mg (9.45%), Iron: 1.66mg (9.2%), Potassium: 301.48mg (8.61%), Vitamin B3: 1.69mg (8.45%), Copper: 0.13mg (6.36%), Magnesium: 24.75mg (6.19%), Vitamin B5: 0.62mg (6.18%), Phosphorus: 59.24mg (5.92%), Vitamin E: 0.72mg (4.79%), Calcium: 44.28mg (4.43%), Zinc: 0.39mg (2.61%)