

Tangy Beef Turnovers

READY IN



30 min.

SERVINGS



12

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound ground beef
- 1 medium onion chopped
- 24 ounces regular crescent rolls refrigerated
- 16 ounces sauerkraut rinsed drained chopped
- 4 ounces swiss cheese shredded

Equipment

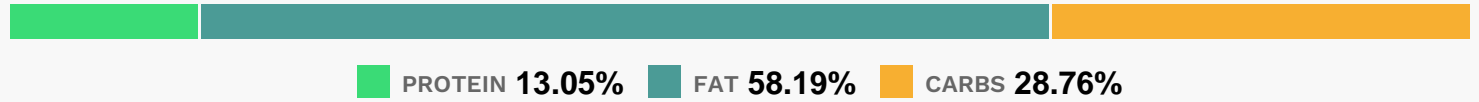
- frying pan
- baking sheet

oven

Directions

- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
- Add sauerkraut and cheese.
- Unroll crescent roll dough and separate into rectangles.
- Place on greased baking sheets; pinch seams to seal.
- Place 1/2 cup beef mixture in the center of each rectangle. Bring corners to the center and pinch to seal.
- Bake at 375° for 15–18 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:6.4578260649805%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 342.44kcal (17.12%), Fat: 22.74g (34.99%), Saturated Fat: 9.74g (60.87%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 24.04g (8.74%), Sugar: 6.73g (7.48%), Cholesterol: 35.63mg (11.88%), Sodium: 738.12mg (32.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.47g (22.94%), Vitamin B12: 1.09µg (18.24%), Zinc: 2.08mg (13.87%), Selenium: 8.79µg (12.55%), Phosphorus: 124.18mg (12.42%), Iron: 2.03mg (11.31%), Calcium: 104.36mg (10.44%), Vitamin B6: 0.19mg (9.44%), Vitamin B3: 1.67mg (8.34%), Vitamin C: 6.23mg (7.56%), Vitamin B2: 0.1mg (5.61%), Vitamin K: 5.76µg (5.49%), Potassium: 186.41mg (5.33%), Fiber: 1.25g (5.01%), Magnesium: 15.37mg (3.84%), Manganese: 0.07mg (3.66%), Folate: 14.31µg (3.58%), Copper: 0.07mg (3.37%), Vitamin B5: 0.28mg (2.77%), Vitamin B1: 0.03mg (1.96%), Vitamin E: 0.27mg (1.78%), Vitamin A: 85.42IU (1.71%)