



White Chocolate Passion Fruit Turnovers with Blueberry-Mint Sauce and Coconut Cream

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



631 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup blueberries
- ☐ 2 large egg yolk
- ☐ 1 ounce mint leaves fresh
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup cup heavy whipping cream
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 3 ounces passion fruit rum thawed

- ☐ 2 ounces pineapple cubed
- ☐ 3.5 inch puff pastry frozen thawed (from one 1-pound package)
- ☐ 0.1 teaspoon sea salt
- ☐ 0.3 cup sugar
- ☐ 2 ounces coconut shredded unsweetened
- ☐ 0.3 cup water
- ☐ 5 ounces chocolate white such as lindt

Equipment

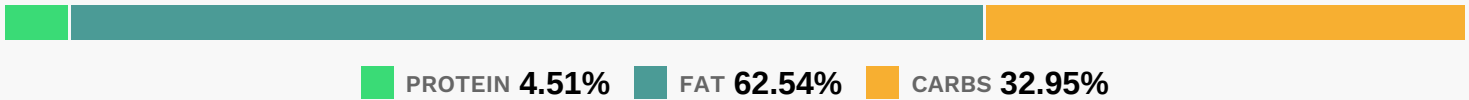
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ blender

Directions

- ☐ In a dry metal bowl set over a pan of barely simmering water, melt the white chocolate.
- ☐ Remove from the heat and add the passion fruit pulp, heavy cream, and salt and stir to combine. Slowly and carefully add the egg yolks, stirring to combine.
- ☐ Place the bowl over the pan of barely simmering water and heat, stirring constantly, until thickened.
- ☐ Remove from the heat, cover, and chill.
- ☐ Line a large baking sheet with parchment paper and preheat the oven to 400°F.
- ☐ Once the white chocolate filling is completely cold, make the turnovers: Arrange the puff pastry rounds on a work surface and fold each one in half. Fill the turnovers with the chilled white chocolate filling and crimp the edges to seal them closed. (

- ☐ Brush the edges of the pastry with water, if necessary, to seal the turnovers.)
- ☐ Transfer to the prepared baking sheet and bake, flipping them over about halfway through the baking time, until golden brown, about 20 minutes.
- ☐ In a medium saucepan over moderate heat, combine the blueberries, pineapple, water, lemon juice, and sugar. Bring to a simmer and continue simmering for about 3 minutes.
- ☐ Transfer to a blender or food processor, add the mint, and process until smooth.
- ☐ Pour the purée through a fine-mesh sieve into a bowl. If the sauce is very thin, place it in a medium saucepan and simmer until it's reduced to the desired consistency.
- ☐ In a medium bowl, combine the heavy cream and sugar and whip until medium-stiff peaks form. Fold in the coconut and cinnamon.
- ☐ Arrange 2 turnovers on each of 4 plates, drizzle with the blueberry-mint sauce, and top each with a generous dollop of coconut cream.

Nutrition Facts



Properties

Glycemic Index:82.44, Glycemic Load:27.5, Inflammation Score:-8, Nutrition Score:14.251304253288%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 631.25kcal (31.56%), Fat: 45.52g (70.03%), Saturated Fat: 29.74g (185.89%), Carbohydrates: 53.95g (17.98%), Net Carbohydrates: 47.38g (17.23%), Sugar: 43.89g (48.77%), Cholesterol: 166.48mg (55.49%), Sodium: 145.14mg (6.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.78%), Manganese: 0.84mg (41.8%), Vitamin A: 1609.53IU (32.19%), Vitamin C: 22.67mg (27.47%), Fiber: 6.57g (26.27%), Vitamin B2: 0.35mg (20.41%), Phosphorus: 186.69mg (18.67%), Selenium: 11.58µg (16.54%), Calcium: 154.57mg (15.46%), Vitamin K: 13.13µg (12.51%), Potassium: 413.87mg (11.82%), Copper: 0.23mg (11.71%), Iron: 1.8mg (10.02%), Magnesium: 38.61mg (9.65%), Vitamin E: 1.42mg (9.48%), Vitamin D: 1.41µg (9.41%), Folate: 37.64µg (9.41%), Vitamin B6: 0.18mg (9.16%), Vitamin B5: 0.85mg (8.46%), Vitamin B12: 0.46µg (7.66%), Zinc: 1.09mg (7.26%), Vitamin B1: 0.1mg (6.61%), Vitamin B3: 1.16mg (5.81%)