



Winter-greens Turnovers

READY IN



45 min.

SERVINGS



20

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 bunch dandelion greens chopped (stems discarded)
- ☐ 1 eggs
- ☐ 3 cloves garlic minced
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion diced
- ☐ 0.5 cup parmesan grated
- ☐ 7 sheets athens phyllo shells thawed
- ☐ 0.5 teaspoon pepper black freshly ground

- ☐ 0.3 cup whole-milk ricotta cheese
- ☐ 1 bunch swiss chard coarsely chopped (ribs and stems discarded)

Equipment

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

Directions

- ☐ Heat a large frying pan over medium-high heat; add olive oil.
- ☐ Add onion and cook, stirring, until translucent, about 3 minutes.
- ☐ Add garlic and cook 2 minutes more.
- ☐ Add Swiss chard and dandelion greens to pan in large handfuls and cook, stirring, until any liquid is evaporated.
- ☐ Transfer mixture to a medium bowl and stir in parmesan, ricotta, egg, salt, and pepper.
- ☐ Preheat oven to 35
- ☐ Melt butter in a small saucepan. Unroll phyllo and cover with a moist towel. Working with 1 sheet of phyllo at a time, arrange sheet so a short side is facing you.
- ☐ Cut sheet lengthwise into three even strips and brush each strip liberally with butter.
- ☐ Place a heaping tbsp. of greens at the bottom of each strip of phyllo, slightly off center. Fold the dough to make a triangle, then continue folding and turning (like you are folding a flag) to make the turnover.
- ☐ Brush top with butter and put on a baking sheet. Repeat with remaining phyllo, greens, and butter.
- ☐ Bake finished turnovers until puffed and brown, about 30 minutes.
- ☐ Serve hot.

Nutrition Facts



 **PROTEIN 9%**  **FAT 82.38%**  **CARBS 8.62%**

Properties

Glycemic Index:9.9, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:7.2791303979314%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 81.74kcal (4.09%), Fat: 7.65g (11.76%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.53g (0.59%), Cholesterol: 22.58mg (7.53%), Sodium: 115.96mg (5.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin K: 126.71µg (120.68%), Vitamin A: 1096.13IU (21.92%), Vitamin C: 5.06mg (6.14%), Vitamin E: 0.75mg (5%), Calcium: 47.18mg (4.72%), Manganese: 0.08mg (3.86%), Magnesium: 14.39mg (3.6%), Phosphorus: 32.36mg (3.24%), Selenium: 1.52µg (2.18%), Vitamin B2: 0.04mg (2.12%), Potassium: 74.27mg (2.12%), Iron: 0.37mg (2.04%), Copper: 0.03mg (1.67%), Vitamin B6: 0.03mg (1.67%), Fiber: 0.36g (1.43%), Zinc: 0.17mg (1.14%), Folate: 4.56µg (1.14%)