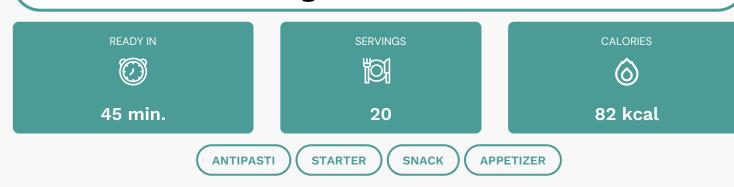


# **Winter-greens Turnovers**



### 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)	
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Equipment		
	bowl	
	frying pan	
	baking sheet	
	sauce pan	
	oven	
DII	rections	
	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**

#### **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: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, 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 %: O% (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%)