



Healthdor

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## Apple Turnovers

Apple turnovers are a delicious pastry filled with sweet apple filling. They are often enjoyed as a dessert or snack. The flaky crust and warm apple filling make for a comforting treat.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 25 mins

**Total Time:** 45 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 6

**Serving Size:** 50 g

### Ingredients

500 g	Apples
100 g	sugar
2 tsp	cinnamon
50 g	butter
500 g	puff pastry

# Directions

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## Step 1

Cut

Peel and dice the apples.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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## Step 2

Stove

In a saucepan, combine the diced apples, sugar, and cinnamon. Cook over medium heat until the apples are soft and the sugar has dissolved.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 3

Cut

Roll out the puff pastry and cut it into squares.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Pressing

Place a spoonful of the apple filling in the center of each puff pastry square. Fold the pastry over to form a triangle and seal the edges with a fork.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 5

### Oven

Bake the turnovers in a preheated oven at 180°C for 15-20 minutes, or until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 12 g

**Protein:** 3 g

**Carbohydrates:** 32 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	32 g	58.18%	64%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Christmas

Easter

Back to School

## Cuisines

Chinese

## Course

Drinks

Breads

Desserts

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Christmas

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

## Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

## Meal Type

Brunch

Snack

## Difficulty Level

Easy

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