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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**

### Step 1



Peel and dice the apples.

Prep Time: 10 mins

Cook Time: 10 mins

### 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

## Step 3



Roll out the puff pastry and cut it into squares.

Prep Time: 5 mins

Cook Time: 0 mins

#### 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%

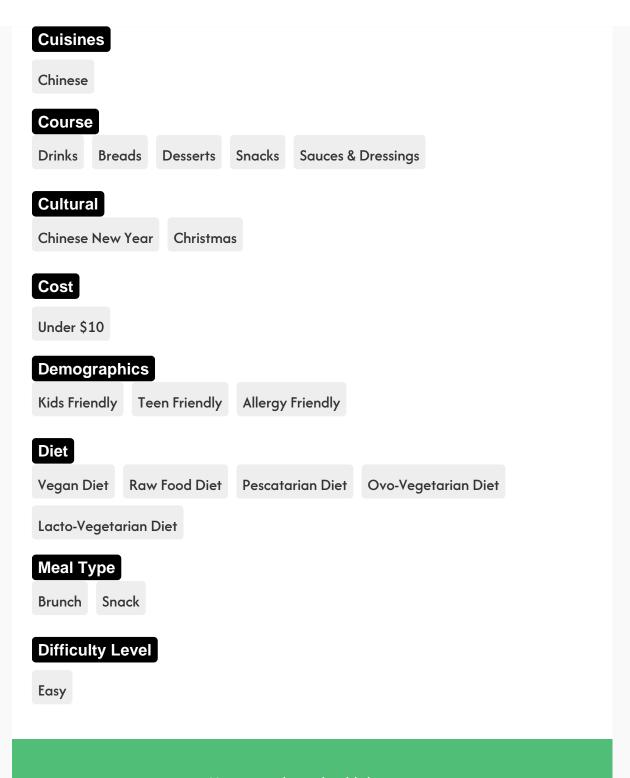
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