

Easy Apple Turnover

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/flaky-apple-turnover-recipe-japanese>

Ingredients:

- 3 apples large, I used unpeeled galas; use your favorite apples and peel if desired, diced into small pieces
- 1/4 cup unsalted butter half of 1 stick
- 1/2 cup light brown sugar packed
- 1 tablespoon cinnamon or to taste
- 2 teaspoons cornstarch
- 17 5/16 ounces puff pastry 2 large sheets, thawed according to package directions
- 1 large egg
- 2 teaspoons water
- granulated sugar for sprinkling

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 40 milligrams
4. Fat: 30 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 10 grams
8. Sodium: 170 milligrams
9. Sugar: 23 grams

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