



Apricot-Almond Rugelach

 Vegetarian

READY IN



180 min.

SERVINGS



12

CALORIES



437 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds chopped
- ☐ 12 oz apricot preserves
- ☐ 1 cup butter cut into pieces
- ☐ 8 oz cream cheese cut into pieces
- ☐ 2.3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ Bake almonds in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Increase oven temperature to 37
- ☐ Pulse flour and next 3 ingredients in a food processor 3 or 4 times until dough forms a small ball and leaves sides of bowl. Divide dough into 8 portions, shaping each portion into a ball. Wrap each ball separately in plastic wrap, and chill 1 to 24 hours.
- ☐ Heat preserves in a small saucepan over medium heat, stirring often, 2 to 3 minutes or until warm.
- ☐ Roll 1 dough ball into an 8-inch circle on a lightly floured surface.
- ☐ Brush dough with 1 to 2 Tbsp. warm preserves.
- ☐ Sprinkle 2 Tbsp. pecans over preserves on dough.
- ☐ Cut circle into 8 wedges, and roll up wedges, starting at wide end, to form a crescent shape.
- ☐ Place, point sides down, on a lightly greased parchment paper-lined baking sheet. Repeat procedure with remaining dough balls, preserves, and almonds.
- ☐ Combine sugar and cinnamon; sprinkle over crescents.
- ☐ Bake at 375 for 15 to 20 minutes or until golden.
- ☐ Remove from baking sheets, and transfer to wire racks. Cool completely (about 20 minutes).

Nutrition Facts



 **PROTEIN 5.75%**  **FAT 56.07%**  **CARBS 38.18%**

Properties

Glycemic Index:19.76, Glycemic Load:15.43, Inflammation Score:-6, Nutrition Score:9.2304346976073%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 437.07kcal (21.85%), Fat: 28.09g (43.21%), Saturated Fat: 14.03g (87.71%), Carbohydrates: 43.03g (14.34%), Net Carbohydrates: 40.64g (14.78%), Sugar: 16.61g (18.45%), Cholesterol: 59.76mg (19.92%), Sodium: 289.87mg (12.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Manganese: 0.5mg (25.21%), Vitamin E: 3.71mg (24.74%), Vitamin B2: 0.31mg (18.15%), Vitamin A: 785.77IU (15.72%), Selenium: 10.84µg (15.49%), Vitamin B1: 0.21mg (14.25%), Folate: 50.71µg (12.68%), Phosphorus: 108.46mg (10.85%), Magnesium: 40.75mg (10.19%), Iron: 1.72mg (9.57%), Fiber: 2.38g (9.54%), Copper: 0.19mg (9.48%), Vitamin B3: 1.85mg (9.27%), Calcium: 67.54mg (6.75%), Potassium: 165.26mg (4.72%), Zinc: 0.67mg (4.47%), Vitamin C: 2.51mg (3.04%), Vitamin B5: 0.29mg (2.94%), Vitamin B6: 0.04mg (2.2%), Vitamin K: 1.9µg (1.81%), Vitamin B12: 0.07µg (1.23%)