



## Best Ever Rugelach

 Vegetarian

READY IN



190 min.

SERVINGS



48

CALORIES



57 kcal

DESSERT

### Ingredients

- 0.8 cup brown sugar
- 0.3 cup butter softened
- 1 cup curd cottage cheese
- 1 egg white
- 2 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.8 cup pecans chopped
- 2 tablespoons water

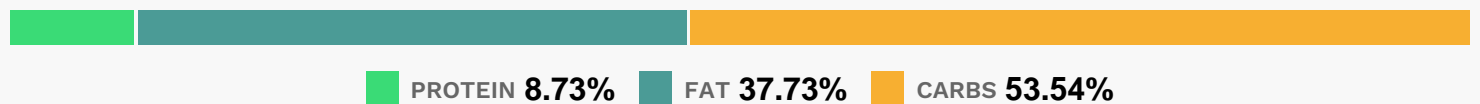
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Combine cottage cheese and 1 cup of butter in a bowl.
- Mix thoroughly, then gradually stir in the flour. Dough will be sticky. Divide dough into thirds and wrap with waxed paper. Refrigerate for at least 2 hours.
- Preheat an oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.
- Combine the remaining 1/4 cup of butter with the brown sugar, cinnamon, pecans, and raisins. Set aside.
- Roll one ball of dough at a time to a 9 inch circle on a floured surface, while keeping the remaining dough chilled.
- Spread 1 tablespoon of the optional orange marmalade over the circle. Gently press 1/3 of the nut mixture into the dough.
- Cut the circle into 16 wedges.
- Roll each wedge tightly, starting with the wide end.
- Place the cookie point-side down on the prepared baking sheet. Repeat with the remaining dough. Beat the egg white with the water in a small bowl, then brush the mixture onto each cookie.
- Bake in the preheated oven until golden brown, 18 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:3.48, Glycemic Load:2.92, Inflammation Score:-1, Nutrition Score:1.3917391372278%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## **Nutrients (% of daily need)**

Calories: 56.9kcal (2.85%), Fat: 2.43g (3.73%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.44g (2.7%), Sugar: 3.54g (3.93%), Cholesterol: 3.29mg (1.1%), Sodium: 23.52mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Manganese: 0.12mg (5.82%), Vitamin B1: 0.05mg (3.56%), Selenium: 2.43µg (3.48%), Folate: 10.53µg (2.63%), Vitamin B2: 0.04mg (2.25%), Phosphorus: 17.82mg (1.78%), Iron: 0.31mg (1.74%), Vitamin B3: 0.34mg (1.68%), Copper: 0.03mg (1.56%), Fiber: 0.31g (1.24%)