



Cranberry-Pecan Rugelach

 Vegetarian

READY IN



160 min.

SERVINGS



36

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 8 ounces cream cheese
- ☐ 0.5 cup cranberries dried craisins
- ☐ 1 eggs mixed with 2 tablespoons water to make a wash
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup brown sugar light
- ☐ 2 cups pastry flour
- ☐ 1 cup pecans lightly toasted chopped

☐ 8 ounces butter unsalted at room temperature 2 sticks

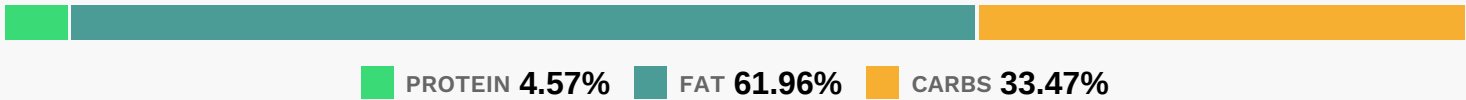
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ With electric mixer (beater), cream together butter and cream cheese. With mixer on low, gradually add in flour. Form into 3 squat disks. Wrap and refrigerate for 2 hours or overnight.
- ☐ Preheat oven to 350 degrees. In a small saucepan, cover the cranberries with water and bring to a boil.
- ☐ Remove from heat and let cool.
- ☐ Drain. In a small bowl, combine pecans, brown sugar and cinnamon.
- ☐ Roll dough into a 10-inch circles. Paint with the melted butter.
- ☐ Sprinkle with the sugar/nut mixture and cranberries. With a pizza wheel, cut into 12 wedges.
- ☐ Roll up the wedges and line them up on a parchment lined or nonstick cookie sheet. Paint the rugelach with the egg wash.
- ☐ Bake for 15 minutes or set and light golden.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.319565238674%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 149.47kcal (7.47%), Fat: 10.71g (16.47%), Saturated Fat: 5.36g (33.53%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 11.89g (4.32%), Sugar: 7.54g (8.38%), Cholesterol: 26.96mg (8.99%), Sodium: 31.65mg (1.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.55%), Manganese: 0.43mg (21.34%), Selenium: 5.31µg (7.59%), Vitamin A: 280.26IU (5.61%), Fiber: 1.12g (4.49%), Phosphorus: 43.55mg (4.36%), Vitamin B1: 0.06mg (3.73%), Magnesium: 14.31mg (3.58%), Copper: 0.07mg (3.54%), Zinc: 0.37mg (2.46%), Vitamin E: 0.37mg (2.44%), Vitamin B2: 0.04mg (2.24%), Iron: 0.4mg (2.23%), Vitamin B6: 0.04mg (2.13%), Vitamin B3: 0.39mg (1.96%), Calcium: 18.75mg (1.88%), Potassium: 57.6mg (1.65%), Vitamin B5: 0.14mg (1.41%), Folate: 5.03µg (1.26%)