



Erika's Unorthodox Rugelach

READY IN



120 min.

SERVINGS



96

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 6 cups flour
- ☐ 3 tsp double-acting baking powder
- ☐ 3 eggs
- ☐ 1 tsp ground cinnamon
- ☐ 1 cup orange juice
- ☐ 1 cup raisins
- ☐ 1 pinch salt
- ☐ 1 sheets sharp cheddar cheese
- ☐ 0.3 cup sugar

- ☐ 2 tbsp vanilla extract
- ☐ 0.5 lb shortening
- ☐ 1 cup walnuts

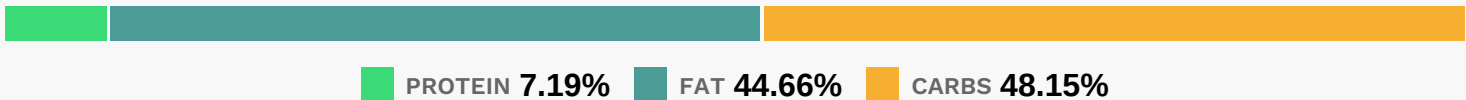
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ knife
- ☐ pizza cutter

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Erika's Unorthodox Rugelach
- ☐ Dough Ingredients6 cups all purpose flour1 cup sugar3 heaping tsp baking powder
- ☐ Pinch of salt1/2 lb vegetable shortening3 eggs2 tbsp vanilla extract1 cup orange juice
- ☐ Filling Ingredients1 cup walnuts1 cup raisins1/4 cup sugar1 tsp ground cinnamon
- ☐ You will also need
- ☐ Food processor, pizza cutter or sharp knife, baking sheets
- ☐ Total Time: 2 Hours
- ☐ Servings: About 8 dozen cookies

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:5.5, Inflammation Score:-1, Nutrition Score:1.8713043209003%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 67.86kcal (3.39%), Fat: 3.38g (5.21%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 7.79g (2.83%), Sugar: 0.83g (0.92%), Cholesterol: 5.13mg (1.71%), Sodium: 18.42mg (0.8%), Alcohol: 0.09g (100%), Alcohol %: 0.66% (100%), Protein: 1.23g (2.45%), Manganese: 0.11mg (5.25%), Vitamin B1: 0.07mg (4.7%), Selenium: 3.15µg (4.5%), Folate: 16.96µg (4.24%), Vitamin B2: 0.05mg (2.98%), Iron: 0.49mg (2.7%), Vitamin B3: 0.5mg (2.52%), Phosphorus: 20.18mg (2.02%), Copper: 0.04mg (1.88%), Vitamin C: 1.39mg (1.68%), Fiber: 0.42g (1.66%), Calcium: 12.69mg (1.27%), Vitamin K: 1.33µg (1.27%), Magnesium: 4.64mg (1.16%), Vitamin E: 0.17mg (1.16%)