



## Fig Swirls

 Vegetarian

READY IN



1500 min.

SERVINGS



48

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 teaspoon cinnamon
- ☐ 4 oz cream cheese at room temperature
- ☐ 1 large egg yolk
- ☐ 8 oz figs dried hard packed soft
- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 cup honey

- ☐ 2 tablespoons orange juice fresh
- ☐ 2 teaspoons orange zest fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 teaspoon vanilla

## Equipment

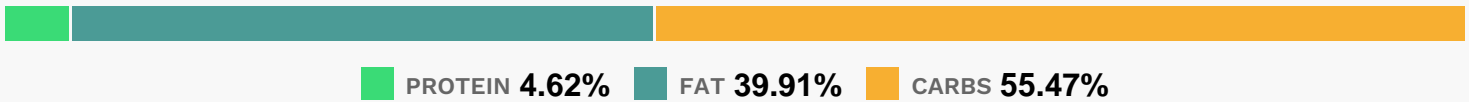
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ wax paper

## Directions

- ☐ Whisk together flour, baking powder, baking soda, and salt in a bowl.
- ☐ Pulse butter, cream cheese, yolk, and vanilla in a food processor until smooth, then add flour mixture and pulse until dough just forms a ball.
- ☐ Halve dough and form each half into a roughly 6- by 2-inch rectangle. Chill, wrapped in plastic wrap, until firm, about 1 1/2 hours.
- ☐ Purée figs, honey, juice, zest, and cinnamon in cleaned food processor until almost smooth.
- ☐ Roll out 1 piece of dough between 2 sheets of wax paper into a 10- by 8-inch rectangle (about 1/3 inch thick), long side facing you.
- ☐ Remove top sheet of wax paper and gently spread one fourth of fig mixture over bottom half of dough, leaving a 1/4-inch border. Using wax paper as an aid, roll dough, jelly-roll style, halfway, enclosing fig mixture. Flip dough, with wax paper.
- ☐ Remove paper.
- ☐ Spread with one third of remaining fig mixture and roll in same manner, to form an S-shaped log. Make another log. Chill logs, wrapped in wax paper, until firm, at least 4 hours.

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Cut logs crosswise into 1/3-inch-thick slices and arrange slices about 2 inches apart on lightly buttered baking sheets.
- ☐ Bake until pastry is pale golden, 12 to 15 minutes.
- ☐ Transfer to racks to cool.
- ☐ · Unbaked logs can be chilled up to 3 days· Cookies keep, layered between sheets of wax paper or parchment, in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:7.59, Glycemic Load:5.34, Inflammation Score:-1, Nutrition Score:1.1573913032594%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 63.25kcal (3.16%), Fat: 2.89g (4.44%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 8.73g (3.17%), Sugar: 5.29g (5.88%), Cholesterol: 11.29mg (3.76%), Sodium: 28.24mg (1.23%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 0.75g (1.5%), Selenium: 2.02µg (2.89%), Vitamin B1: 0.04mg (2.71%), Folate: 9.77µg (2.44%), Manganese: 0.05mg (2.29%), Vitamin A: 104.46IU (2.09%), Vitamin B2: 0.04mg (2.08%), Vitamin B3: 0.3mg (1.51%), Iron: 0.27mg (1.5%), Fiber: 0.29g (1.17%), Phosphorus: 10.88mg (1.09%)