



Fruit Rugelach

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



93 kcal

DESSERT

Ingredients

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

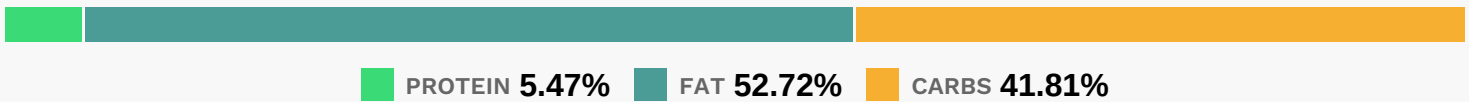
Equipment

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

Directions

- ☐ Pulse first 4 ingredients in a food processor until dough leaves sides of bowl. Divide dough into 8 portions, shaping each portion into a ball. Wrap separately in plastic wrap, and chill at least 1 hour.
- ☐ Remove 1 dough portion, and roll into an 8-inch circle on a lightly floured surface.
- ☐ Spread with 1/4 cup apricot preserves, leaving a 2-inch circle of uncovered dough in center.
- ☐ Sprinkle preserves with 2 tablespoons almonds.
- ☐ Cut circle into 8 wedges, and roll up wedges, starting at a wide end.
- ☐ Place, point side down, on a lightly greased baking sheet, curving into a crescent shape. Repeat procedure with remaining dough portions, preserves, and almonds.
- ☐ Combine sugar and cinnamon; sprinkle over each crescent.
- ☐ Bake at 375 for 15 to 20 minutes or until golden.
- ☐ Transfer to wire racks to cool.
- ☐ Apple Rugelach: Melt 1/4 cup butter or margarine in a large skillet; add 4 large Granny Smith apples, peeled and finely chopped, and 1 cup sugar. Cook, stirring constantly, 5 to 7 minutes or until mixture is thick and golden. Cool. Substitute for apricot preserves. Substitute 1 cup chopped pecans, toasted, for almonds.

Nutrition Facts



Properties

Glycemic Index:3.95, Glycemic Load:3.09, Inflammation Score:-2, Nutrition Score:1.8826086922832%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 92.78kcal (4.64%), Fat: 5.62g (8.65%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.55g (3.47%), Sugar: 4.28g (4.76%), Cholesterol: 11.95mg (3.98%), Sodium: 58.86mg (2.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Manganese: 0.1mg (5.09%), Vitamin E: 0.75mg (4.97%), Vitamin B2: 0.06mg (3.66%), Vitamin A: 161.7IU (3.23%), Selenium: 2.21µg (3.16%), Vitamin B1: 0.04mg (2.85%), Folate: 10.16µg (2.54%), Phosphorus: 21.76mg (2.18%), Magnesium: 8.24mg (2.06%), Copper: 0.04mg (2.01%), Iron: 0.36mg (1.97%), Fiber: 0.48g (1.93%), Vitamin B3: 0.37mg (1.86%), Calcium: 13.95mg (1.4%)