



Hamentaschen

 Vegetarian

READY IN



119 min.

SERVINGS



35

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 cups apricots dried finely chopped
- ☐ 1 eggs
- ☐ 1 egg white
- ☐ 2.7 cups flour all-purpose
- ☐ 0.7 cup honey
- ☐ 1.3 cups orange juice
- ☐ 0.5 orange zest grated

- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.8 cup butter unsalted cold

Equipment

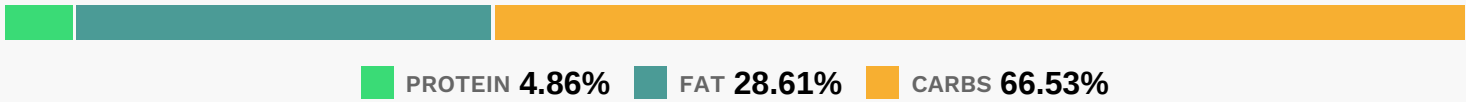
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Special equipment: 2 1/2 to 3-inch round cookie cutter
- ☐ Place the ingredients in a saucepan and bring to a boil. Reduce heat and simmer for about 15 minutes or until soft and the liquid is absorbed.
- ☐ Add water, if needed.
- ☐ Let cool.
- ☐ Combine the flour, baking powder and salt in a food processor.
- ☐ Add the butter and pulse. In a small bowl, mix together the sugar, egg, egg white, and orange zest.
- ☐ Add it to the processor and pulse to mix, being careful not to over mix. Divide into 2 disks and chill 30 minutes.
- ☐ Preheat oven to 350 degrees F.
- ☐ Roll out the dough on a floured work surface to 1/4-inch thick.
- ☐ Cut out 2 1/2 to 3-inch disks. (You can re-roll the scrapes to make more disks.)
- ☐ Place a disk of dough down and place 1 teaspoon of filling in the center. Pinch the disk in 3 places to form a triangular shape with the filling still showing in the center. They will look like 3 cornered hats.
- ☐ Place 2 inches apart on baking sheets. Continue until all the disks are made.

Bake for 12 to 14 minutes.

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:12.61, Inflammation Score:-4, Nutrition Score:3.1039130467436%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 128.49kcal (6.42%), Fat: 4.23g (6.51%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 22.12g (7.37%), Net Carbohydrates: 21.27g (7.74%), Sugar: 13.9g (15.45%), Cholesterol: 15.13mg (5.04%), Sodium: 39.85mg (1.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin A: 415.69IU (8.31%), Vitamin C: 5.06mg (6.14%), Selenium: 4.08µg (5.83%), Vitamin B1: 0.09mg (5.69%), Folate: 21.96µg (5.49%), Manganese: 0.09mg (4.49%), Vitamin B2: 0.07mg (4.11%), Iron: 0.73mg (4.06%), Vitamin B3: 0.81mg (4.03%), Potassium: 123.39mg (3.53%), Fiber: 0.85g (3.4%), Vitamin E: 0.46mg (3.05%), Phosphorus: 25mg (2.5%), Copper: 0.05mg (2.4%), Calcium: 19.27mg (1.93%), Magnesium: 6.07mg (1.52%), Vitamin B5: 0.13mg (1.29%), Vitamin B6: 0.02mg (1.14%)