



## Hanukkah Rugelach

 Vegetarian

READY IN



175 min.

SERVINGS



64

CALORIES



73 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 cup butter softened
- ☐ 2 teaspoons cinnamon
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup dates finely chopped
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 cup pistachios shelled finely chopped

- ☐ 1 tablespoon powdered sugar
- ☐ 2 cups unbleached flour all-purpose

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin

## Directions

- ☐ In large bowl, beat 1 cup butter, 2 tablespoons granulated sugar and the cream cheese until light and fluffy.
- ☐ Add flour; stir until well blended.
- ☐ Shape dough into ball; divide into 4 pieces. Shape each piece into ball; flatten into 1/2-inch-thick disk. Wrap each in plastic wrap; refrigerate 1 hour for easier handling.
- ☐ Heat oven to 375F. Grease 2 cookie sheets with shortening or spray with cooking spray. In small bowl, mix dates, pistachios, 1/3 cup granulated sugar, the cinnamon and 1/4 cup butter until well blended.
- ☐ On floured surface with floured rolling pin, roll out 1 disk of dough at a time to 1/8-inch thickness, forming 12-inch round. (Keep remaining disks of dough refrigerated.)
- ☐ Sprinkle 1/4 of date-nut mixture onto round; press into dough slightly.
- ☐ Cut round into 16 wedges.
- ☐ Roll up each wedge from curved edge to point.
- ☐ Place on greased cookie sheets.
- ☐ Bake 13 to 18 minutes or until light golden brown. Immediately remove from cookie sheets to cooling racks. Cool 30 minutes or until completely cooled.
- ☐ Sprinkle with powdered sugar.

## Nutrition Facts



 **PROTEIN 5.08%**  **FAT 64.16%**  **CARBS 30.76%**

Properties

Glycemic Index:6.39, Glycemic Load:3.31, Inflammation Score:-1, Nutrition Score:0.9739130427656%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 73.03kcal (3.65%), Fat: 5.33g (8.19%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 5.43g (1.97%), Sugar: 2.49g (2.76%), Cholesterol: 13.11mg (4.37%), Sodium: 39.77mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin A: 162.75IU (3.26%), Selenium: 2.01µg (2.88%), Manganese: 0.06mg (2.84%), Phosphorus: 14.11mg (1.41%), Fiber: 0.32g (1.27%), Copper: 0.02mg (1.15%), Vitamin E: 0.17mg (1.15%), Vitamin B6: 0.02mg (1.09%)