



Hazelnut Cappuccino Rugalach

READY IN



100 min.

SERVINGS



64

CALORIES



69 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons cappuccino coffee drink mix
- 1 teaspoon ground cinnamon
- 0.7 cup hazelnuts toasted finely chopped
- 4 ounces chocolate
- 17.3 ounce puff pastry sheets pepperidge farm®
- 0.8 cup sugar

Equipment

- bowl

- baking sheet
- baking paper
- oven
- wire rack
- microwave

Directions

- Thaw the pastry sheets at room temperature for 40 minutes or until they're easy to handle.
- Heat the oven to 375 degrees F. Line 2 baking sheets with parchment paper or spray with vegetable cooking spray.
- Mix the sugar, coffee mix and cinnamon in a small bowl.
- Sprinkle 1/4 cup of the sugar mixture on work surface. Unfold the pastry sheet onto the sugar mixture.
- Sprinkle with 1/4 cup sugar mixture.
- Roll the sheet into a 12x10-inch rectangle.
- Sprinkle with 1/3 cup of the nuts, gently roll to press nuts into pastry.
- Cut the pastry into 4 (12x 2 1/2-inch) strips.
- Cut each strip into 4 (3-inch) pieces, then cut each piece diagonally to make triangular-shaped pieces. Starting at the wide side, roll the pastry up to make a crescent shape.
- Place the pastry pointed-side down on the prepared baking sheet. Repeat with remaining pastry, sugar mixture and nuts.
- Bake for 15 minutes or until golden.
- Remove from baking sheet and cool on a wire rack.
- Place the chocolate in a microwavable bowl. Microwave on HIGH for 15 seconds or until softened. Microwave 15 seconds more if necessary. Stir until smooth.
- Drizzle the chocolate over the cookies. Cookies can be stored in an airtight container for up to 1 week.

Nutrition Facts



■ PROTEIN 4.72% ■ FAT 54.56% ■ CARBS 40.72%

Properties

Glycemic Index:2.95, Glycemic Load:3.94, Inflammation Score:-1, Nutrition Score:1.3326086849784%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 68.71kcal (3.44%), Fat: 4.29g (6.61%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.86g (2.5%), Sugar: 3.36g (3.74%), Cholesterol: 0mg (0%), Sodium: 19.45mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.08mg (2.03%), Protein: 0.84g (1.67%), Manganese: 0.13mg (6.58%), Selenium: 1.97µg (2.81%), Vitamin B1: 0.04mg (2.59%), Copper: 0.04mg (2.04%), Vitamin B3: 0.4mg (1.99%), Folate: 7.44µg (1.86%), Iron: 0.31mg (1.75%), Vitamin B2: 0.03mg (1.64%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.54µg (1.46%), Magnesium: 5.8mg (1.45%), Fiber: 0.35g (1.4%), Phosphorus: 11.32mg (1.13%)