



Hungarian Kifli I

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 cup curd cottage cheese
- ☐ 2 egg whites
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons ground cinnamon
- ☐ 2 cups walnuts chopped
- ☐ 0.5 cup water

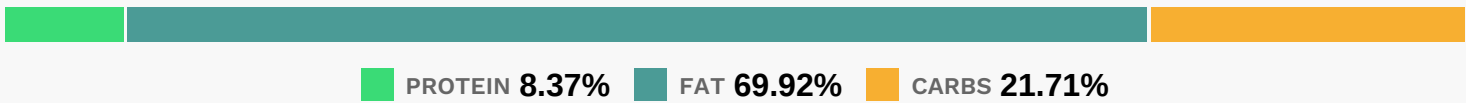
Equipment

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

Directions

- ☐ In large bowl, beat together butter or margarine and cottage cheese til light and fluffy.
- ☐ Add flour until dough forms a ball.
- ☐ Divide dough into 3 equal portions. Wrap in plastic wrap and refrigerate until firm.
- ☐ Preheat oven to 375 degrees F (190 degrees C) and grease cookie sheets.
- ☐ Combine egg whites, nuts, water, and ground cinammon.
- ☐ Mix well and set aside.
- ☐ On a floured surface roll 1 portion of dough into a 10 inch circle.
- ☐ Spread circle with 1/3 of the filling to within approximately 1/2 inch of the edge.
- ☐ Cut circle into 24 pie-shaped wedges. Beginning at outer edge roll up each wedge tightly.
- ☐ Place point side down on cookie sheet 1 1/2 inches apart.
- ☐ Bake 13-15 minutes or until golden (be sure to watch carefully as these cookies burn easily).
- ☐ Remove to rack to cool. Repeat process with each remaining portion of dough and filling.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:1.99, Inflammation Score:-1, Nutrition Score:1.5965217384307%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 60.34kcal (3.02%), Fat: 4.84g (7.45%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.18g (0.21%), Cholesterol: 7.27mg (2.42%), Sodium: 31.08mg (1.35%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Manganese: 0.17mg (8.68%), Copper: 0.06mg (2.94%), Vitamin B1: 0.04mg (2.62%), Selenium: 1.82µg (2.61%), Folate: 10.03µg (2.51%), Phosphorus: 20.66mg (2.07%), Vitamin B2: 0.03mg (1.86%), Fiber: 0.43g (1.72%), Vitamin A: 84.18IU (1.68%), Magnesium: 6.44mg (1.61%), Iron: 0.28mg (1.54%), Vitamin B3: 0.25mg (1.25%), Vitamin B6: 0.02mg (1.04%)