

# Hungarian Kifli I

ADY IN SE

SERVINGS
72

ANTIPASTI

STARTER

SNACK

**APPETIZER** 

### **Ingredients**

Cup butter softene		1 cup butter	softened
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1 cup curd cottage cheese

45 min.

- 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 11/2 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			
PROTEIN 8.37% FAT 69.92% CARBS 21.71%			
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%)