

Hungarian Kifli II

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 9 ounces cream cheese
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 2.5 cups flour all-purpose
- ☐ 1 pinch salt

- ☐ 1 teaspoon vanilla extract
- ☐ 8 ounces ground walnuts
- ☐ 1 cup sugar white

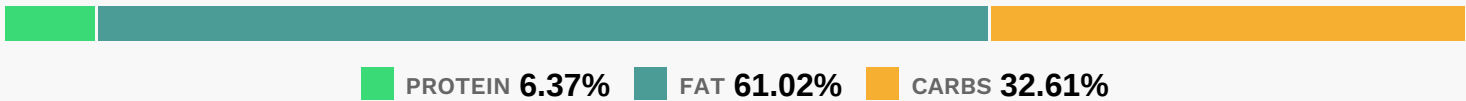
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a medium bowl, cream butter and cream cheese. Stir in the egg yolks and vanilla. Stir together the flour and baking powder.
- ☐ Add the flour mixture a little at a time until it is fully incorporated. Divide dough into 5 parts, wrap in plastic, and refrigerate overnight.
- ☐ in a medium bowl, beat egg whites to soft peaks, add sugar a little at a time while continuing to beat to stiff peaks. Fold in ground walnuts, and set aside. On a lightly floured surface, roll the dough out to 1/4 to 1/8 inch thickness.
- ☐ Cut into 3 inch squares, place 1/2 teaspoon of filling in the center of each square and roll up from corner to corner.
- ☐ Place on cookie sheets and refrigerate until hardened.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake cookies for 10 to 12 minutes, until lightly browned.
- ☐ Roll in confectioners' sugar when cool.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:6.66, Inflammation Score:-2, Nutrition Score:2.6804347728258%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 131.25kcal (6.56%), Fat: 9.12g (14.04%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 10.48g (3.81%), Sugar: 5.35g (5.94%), Cholesterol: 27.69mg (9.23%), Sodium: 56.27mg (2.45%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 2.14g (4.28%), Manganese: 0.21mg (10.38%), Selenium: 3.98µg (5.68%), Folate: 18.88µg (4.72%), Vitamin B1: 0.07mg (4.72%), Copper: 0.09mg (4.36%), Vitamin A: 206.74IU (4.13%), Vitamin B2: 0.07mg (4.02%), Phosphorus: 35.79mg (3.58%), Iron: 0.49mg (2.7%), Magnesium: 9.75mg (2.44%), Vitamin B3: 0.45mg (2.23%), Fiber: 0.49g (1.97%), Vitamin B6: 0.04mg (1.77%), Zinc: 0.25mg (1.66%), Calcium: 15.99mg (1.6%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.13mg (1.28%), Potassium: 40.47mg (1.16%)