



Kipfels

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 8 ounces cream cheese
- ☐ 3 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon vanilla extract
- ☐ 2.3 cups walnuts

☐ 1 cup sugar white

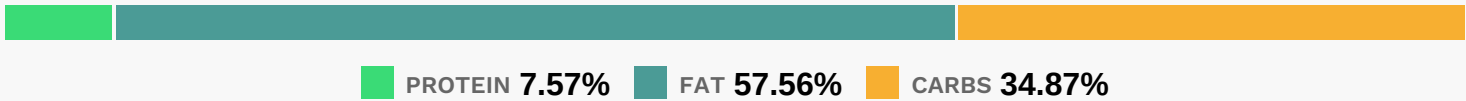
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wax paper
- ☐ rolling pin

Directions

- ☐ Mix together flour, eggs, cream cheese and butter.
- ☐ Mix until well blended and refrigerate until firm.
- ☐ To make Filling: Grind walnuts very fine or put finely chopped nuts between pieces of wax paper and roll with rolling pin to mash them. Put mashed nuts in a saucepan with evaporated milk, sugar and vanilla. Boil until mixture becomes thick. Simmer on low heat.
- ☐ Roll out small pieces of dough in confectioner's sugar. Put a small amount of filling on each piece and roll up; shape each into crescent shape.
- ☐ Bake at 350 degrees F (180 degrees C) on greased cookie sheets for about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:10.79, Inflammation Score:-3, Nutrition Score:4.7717390462108%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

Nutrients (% of daily need)

Calories: 205.67kcal (10.28%), Fat: 13.46g (20.7%), Saturated Fat: 5.56g (34.78%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 17.5g (6.36%), Sugar: 8.12g (9.02%), Cholesterol: 36.42mg (12.14%), Sodium: 76.46mg (3.32%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 3.98g (7.96%), Manganese: 0.34mg (17.23%), Selenium: 6.49µg (9.27%), Vitamin B1: 0.13mg (8.61%), Folate: 32.94µg (8.23%), Vitamin B2: 0.14mg (8.08%), Phosphorus:

74.89mg (7.49%), Copper: 0.14mg (7.2%), Vitamin A: 287.06IU (5.74%), Iron: 0.88mg (4.88%), Magnesium: 18.17mg (4.54%), Calcium: 44.74mg (4.47%), Vitamin B3: 0.83mg (4.17%), Fiber: 0.84g (3.34%), Zinc: 0.48mg (3.2%), Vitamin B6: 0.06mg (3.05%), Potassium: 91.5mg (2.61%), Vitamin B5: 0.26mg (2.58%), Vitamin E: 0.32mg (2.1%), Vitamin B12: 0.07µg (1.22%)