



Kolachky

 Vegetarian

READY IN



115 min.

SERVINGS



48

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce cream cheese room temperature
- ☐ 1 eggs
- ☐ 1 egg white
- ☐ 4 cups flour all-purpose
- ☐ 0.5 cup honey
- ☐ 12 ounce poppyseed filling canned
- ☐ 2 cups butter unsalted softened
- ☐ 1 pound walnuts chopped

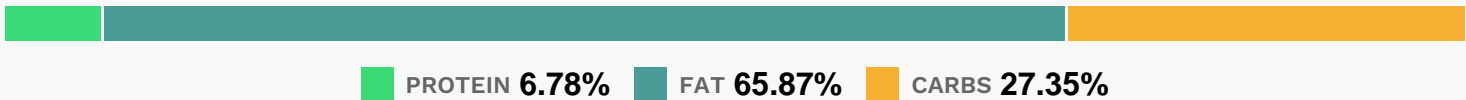
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ In a large bowl, mix together cream cheese and butter until well blended. I like to use my hands, but you can also use a wooden spoon.
- ☐ Mix in the flour 1 cup at a time. As the dough becomes stiff, turn it out onto the counter and knead in flour until it is no longer sticky. Continue to knead the dough for 5 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Crush the walnuts to a fine consistency in a food processor. Stir in the egg and honey. On a well floured surface, roll the dough out to 1/4 inch thickness.
- ☐ Cut the dough into 3x3 inch squares.
- ☐ Place a teaspoon of filling in the center of each square. Use walnut for some and poppyseed for the rest.
- ☐ Roll the squares up and seal the edges. These can also be formed into triangles.
- ☐ Place the cookies 2 inches apart onto ungreased cookie sheets.
- ☐ Brush with egg white.
- ☐ Bake for 15 to 17 minutes in the preheated oven, or until lightly browned. When cool, dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:7.54, Inflammation Score:-4, Nutrition Score:5.345217483847%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 233.75kcal (11.69%), Fat: 17.58g (27.04%), Saturated Fat: 7.43g (46.47%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 15.34g (5.58%), Sugar: 3.67g (4.08%), Cholesterol: 33.29mg (11.1%), Sodium: 72.15mg (3.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Manganese: 0.43mg (21.54%), Selenium: 8.11µg (11.58%), Vitamin B1: 0.15mg (10.06%), Folate: 36.72µg (9.18%), Copper: 0.18mg (9.1%), Vitamin A: 370.12IU (7.4%), Vitamin B2: 0.12mg (7.22%), Phosphorus: 65.47mg (6.55%), Iron: 1.03mg (5.75%), Vitamin B3: 1.04mg (5.2%), Magnesium: 20.42mg (5.11%), Fiber: 1.08g (4.34%), Zinc: 0.51mg (3.38%), Vitamin B6: 0.07mg (3.29%), Calcium: 29.76mg (2.98%), Vitamin E: 0.41mg (2.75%), Potassium: 79.34mg (2.27%), Vitamin B5: 0.21mg (2.1%), Vitamin K: 1.19µg (1.14%), Vitamin D: 0.16µg (1.07%)