



Pepper Jelly-Pecan Rugelach

 Vegetarian  Very Healthy

READY IN



195 min.

SERVINGS



1

CALORIES



4203 kcal

Ingredients

- ☐ 1 cup butter cold cut into pieces
- ☐ 8 oz cream cheese cut into pieces
- ☐ 2.3 cups flour all-purpose
- ☐ 10 oz bell pepper red
- ☐ 1 cup pecans toasted finely chopped
- ☐ 0.5 teaspoon salt

Equipment

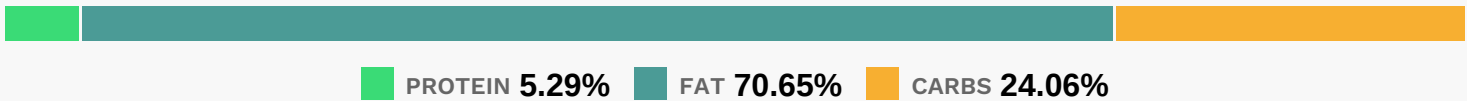
- ☐ food processor
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Pulse first 4 ingredients in a food processor 3 or 4 times or until dough forms a ball and leaves sides of bowl. Divide dough into 8 portions, shaping each into a ball. Wrap each separately in plastic wrap; chill 1 to 24 hours.
- ☐ Preheat oven to 37
- ☐ Cook pepper jelly in a small saucepan over medium heat, stirring often, 2 to 3 minutes or just until melted.
- ☐ Roll 1 dough ball into an 8-inch circle on a lightly floured surface.
- ☐ Brush dough with 1 to 2 Tbsp. melted jelly; sprinkle with 2 Tbsp. pecans.
- ☐ Cut circle into 8 wedges, and roll up wedges, starting at wide end, to form a crescent shape.
- ☐ Place, point sides down, on a lightly greased parchment paper-lined baking sheet. Repeat procedure with remaining dough balls, pepper jelly, and pecans.
- ☐ Bake at 375 for 15 to 20 minutes or until golden brown.
- ☐ Transfer to wire racks. Cool completely (30 minutes).

Nutrition Facts



Properties

Glycemic Index:194, Glycemic Load:162.71, Inflammation Score:-10, Nutrition Score:70.473912446395%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate:

2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 4202.93kcal (210.15%), Fat: 337g (518.46%), Saturated Fat: 169.21g (1057.58%), Carbohydrates: 258.13g (86.04%), Net Carbohydrates: 235.08g (85.48%), Sugar: 25.26g (28.07%), Cholesterol: 717.11mg (239.04%), Sodium: 3351.45mg (145.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.82g (113.63%), Vitamin C: 363.96mg (441.17%), Vitamin A: 17650.28IU (353.01%), Manganese: 6.72mg (335.93%), Vitamin B1: 3.08mg (205.19%), Folate: 694.1µg (173.52%), Selenium: 121.17µg (173.1%), Vitamin B2: 2.36mg (138.7%), Vitamin B3: 20.84mg (104.2%), Phosphorus: 948.84mg (94.88%), Iron: 17.08mg (94.88%), Fiber: 23.05g (92.2%), Vitamin E: 13.25mg (88.34%), Copper: 1.68mg (84.15%), Vitamin B6: 1.29mg (64.52%), Magnesium: 240.67mg (60.17%), Zinc: 8.5mg (56.69%), Potassium: 1659.1mg (47.4%), Vitamin B5: 4.53mg (45.27%), Calcium: 406.52mg (40.65%), Vitamin K: 38.85µg (37%), Vitamin B12: 0.88µg (14.75%)