



Polish Rugelach

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



217 kcal

DESSERT

Ingredients

- 2 cups flour
- 2 tablespoons cocoa powder
- 8 ounce cream cheese softened
- 0.3 cup cranberries dried
- 0.3 cup raisins dried
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 0.8 cup sugar

- 0.5 cup butter unsalted melted
- 0.7 cup walnuts toasted chopped

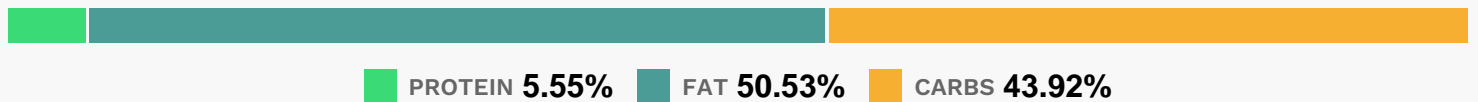
Equipment

- food processor
- bowl
- oven

Directions

- For dough: Beat butter and cream cheese in large bowl until light.
- Add sugar; beat until fluffy.
- Combine cup sugar, cranberries walnuts, butter, cinnamon, nutmeg and cocoa powder in food processor and give it a few good chops. Set aside.Preheat oven to 350 degrees.
- Place 1 dough piece on floured work surface.
- Roll out dough to about 1/8 inch thickness.
- Spread 3 tablespoons filling over round, leaving - inch border.
- Cut round into 1/8 in. wedges. Starting at wide end

Nutrition Facts



Properties

Glycemic Index:18.11, Glycemic Load:14.89, Inflammation Score:-3, Nutrition Score:4.3426086956522%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 217.28kcal (10.86%), Fat: 12.59g (19.37%), Saturated Fat: 6.15g (38.45%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 23.37g (8.5%), Sugar: 10.62g (11.8%), Cholesterol: 26.28mg (8.76%), Sodium: 41.71mg (1.81%),

Protein: 3.11g (6.23%), Manganese: 0.3mg (15.08%), Selenium: 6.23µg (8.9%), Vitamin B1: 0.13mg (8.74%), Folate: 31.34µg (7.83%), Vitamin B2: 0.11mg (6.75%), Vitamin A: 328.1IU (6.56%), Copper: 0.12mg (6.24%), Iron: 0.96mg (5.32%), Phosphorus: 51.57mg (5.16%), Fiber: 1.25g (5.02%), Vitamin B3: 0.94mg (4.7%), Magnesium: 15.1mg (3.77%), Potassium: 84.85mg (2.42%), Zinc: 0.35mg (2.33%), Calcium: 23.13mg (2.31%), Vitamin E: 0.34mg (2.29%), Vitamin B6: 0.04mg (2.18%), Vitamin B5: 0.17mg (1.72%), Vitamin K: 1.08µg (1.03%)