



HEALTH SCORE

61%

Praline Rugelach



Vegetarian



Very Healthy

READY IN



260 min.

SERVINGS



1

CALORIES



6027 kcal

DESSERT

Ingredients

- ☐ 0.8 cup firmly brown sugar light divided packed
- ☐ 0.3 cup butter cooled melted
- ☐ 1 cup butter softened
- ☐ 8 oz cream cheese softened
- ☐ 2 tablespoons cane syrup
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 teaspoon kosher salt divided
- ☐ 2 cups pecans toasted finely chopped
- ☐ 3 teaspoons vanilla extract divided
- ☐ 2 tablespoons whipping cream

Equipment

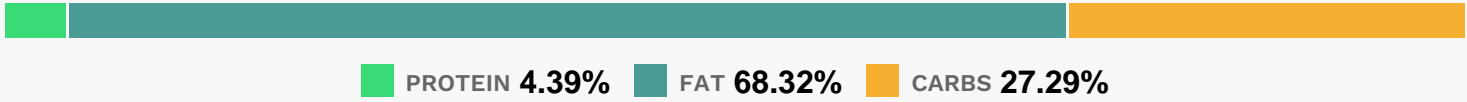
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Beat cream cheese, softened butter, 1/4 cup brown sugar, 1 tsp. vanilla, and 1/2 tsp. salt at medium speed with a heavy-duty electric stand mixer 2 to 3 minutes or until creamy. Gradually add flour, beating until smooth. Divide dough into 4 equal portions; flatten each into a disk. Wrap in plastic wrap, and chill 2 hours.
- ☐ Stir together melted butter, next 3 ingredients, and remaining 1/2 cup brown sugar, 2 tsp. vanilla, and 1/2 tsp. kosher salt.
- ☐ Unwrap 1 dough disk, and roll into a 10-inch circle (about 1/4 inch thick) on a lightly floured surface.
- ☐ Spread about 3 1/2 Tbsp. butter mixture in a thin layer on dough circle, leaving a 1/2-inch border around edges.
- ☐ Sprinkle 1/2 cup pecans over butter mixture, pressing to adhere.
- ☐ Cut circle into 12 wedges, and roll up wedges, starting at wide end.
- ☐ Place, point sides down, on a parchment paper-lined baking sheet. Chill 20 minutes. Repeat procedure with remaining dough, butter mixture, and pecans.
- ☐ Preheat oven to 35
- ☐ Whisk together egg and 1 Tbsp. water.

- ☐ Brush each roll with egg mixture.
- ☐ Bake 18 to 22 minutes or until golden brown, switching baking sheets halfway through. Cool on baking sheets 10 minutes; transfer to wire racks, and cool.
- ☐ *Maple syrup may be substituted.

Nutrition Facts



Properties

Glycemic Index:217, Glycemic Load:142.35, Inflammation Score:-10, Nutrition Score:70.69695611622%

Flavonoids

Cyanidin: 21.27mg, Cyanidin: 21.27mg, Cyanidin: 21.27mg, Cyanidin: 21.27mg Delphinidin: 14.41mg, Delphinidin: 14.41mg, Delphinidin: 14.41mg, Delphinidin: 14.41mg Catechin: 14.34mg, Catechin: 14.34mg, Catechin: 14.34mg, Catechin: 14.34mg Epigallocatechin: 11.15mg, Epigallocatechin: 11.15mg, Epigallocatechin: 11.15mg, Epigallocatechin: 11.15mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3-gallate: 4.55mg, Epigallocatechin 3-gallate: 4.55mg, Epigallocatechin 3-gallate: 4.55mg, Epigallocatechin 3-gallate: 4.55mg

Nutrients (% of daily need)

Calories: 6027.23kcal (301.36%), Fat: 468.75g (721.16%), Saturated Fat: 212.75g (1329.71%), Carbohydrates: 421.39g (140.46%), Net Carbohydrates: 395.1g (143.67%), Sugar: 204.88g (227.65%), Cholesterol: 1059.03mg (353.01%), Sodium: 4993.61mg (217.11%), Alcohol: 4.13g (100%), Alcohol %: 0.42% (100%), Protein: 67.74g (135.48%), Manganese: 10.97mg (548.41%), Vitamin B1: 3.36mg (224.21%), Vitamin A: 10961.62IU (219.23%), Selenium: 132.88µg (189.83%), Copper: 2.91mg (145.38%), Vitamin B2: 2.41mg (141.6%), Folate: 556.39µg (139.1%), Phosphorus: 1253.59mg (125.36%), Iron: 19.11mg (106.16%), Fiber: 26.29g (105.16%), Vitamin B3: 17.7mg (88.52%), Magnesium: 345.72mg (86.43%), Zinc: 12.91mg (86.09%), Vitamin E: 12.28mg (81.86%), Calcium: 661.72mg (66.17%), Vitamin B5: 5.48mg (54.77%), Potassium: 1794.52mg (51.27%), Vitamin B6: 0.83mg (41.46%), Vitamin K: 33.73µg (32.12%), Vitamin B12: 1.47µg (24.57%), Vitamin D: 1.48µg (9.87%), Vitamin C: 2.4mg (2.9%)