



Pumpkin Ginger Rugelach

READY IN



45 min.

SERVINGS



16

CALORIES



114 kcal

DESSERT

Ingredients

- 1 pie crust dough refrigerated softened
- 4 oz cream cheese softened (half of 8-oz package)
- 2 tablespoons brown sugar packed
- 0.5 teaspoon pumpkin pie spice
- 0.5 cup pecans toasted chopped
- 2 tablespoons candied ginger chopped
- 1 eggs
- 1 tablespoon milk
- 2 tablespoons cinnamon

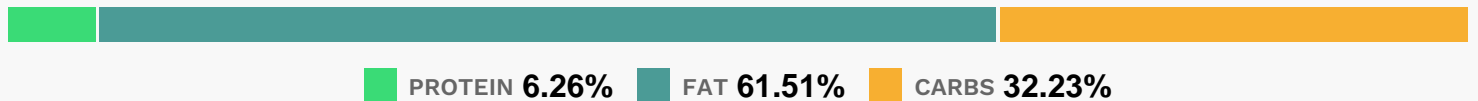
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 350°F. Spray large cookie sheet with cooking spray.
- Remove crust from pouch; unroll on work surface. In medium bowl, mix cream cheese, brown sugar and pumpkin pie spice with spoon until smooth.
- Spread mixture over crust to within 1/4 inch of edge.
- Sprinkle with pecans and ginger; press slightly into dough.
- Cut into 16 wedges.
- Roll up starting with wide end.
- Place point side down on cookie sheet.
- In small bowl, beat egg and milk; brush over tops of pastries.
- Sprinkle with cinnamon-sugar.
- Bake 25 to 30 minutes or until golden brown. Immediately remove from cookie sheet to cooling rack.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.7882609179486%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg,

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Nutrients (% of daily need)

Calories: 113.79kcal (5.69%), Fat: 7.97g (12.27%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 8.27g (3.01%), Sugar: 2.89g (3.21%), Cholesterol: 17.5mg (5.83%), Sodium: 70.71mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Manganese: 0.39mg (19.37%), Fiber: 1.13g (4.53%), Vitamin B1: 0.06mg (3.68%), Selenium: 2.26µg (3.23%), Phosphorus: 31.83mg (3.18%), Vitamin B2: 0.05mg (3.13%), Iron: 0.52mg (2.91%), Copper: 0.06mg (2.83%), Calcium: 25.66mg (2.57%), Folate: 10.21µg (2.55%), Vitamin A: 116.68IU (2.33%), Zinc: 0.3mg (1.98%), Magnesium: 7.62mg (1.9%), Vitamin B3: 0.35mg (1.76%), Vitamin B5: 0.16mg (1.64%), Vitamin E: 0.21mg (1.41%), Vitamin K: 1.38µg (1.32%), Potassium: 45.55mg (1.3%), Vitamin B6: 0.02mg (1.21%)