



Pumpkin Ginger Rugelach

READY IN



45 min.

SERVINGS



16

CALORIES



117 kcal

DESSERT

Ingredients

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

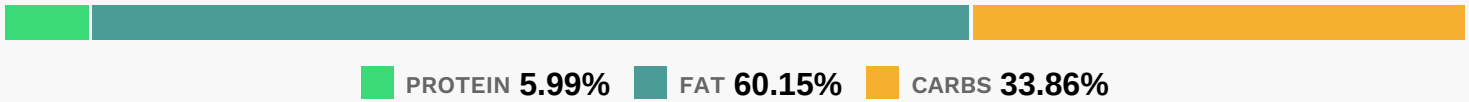
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 350F. 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:9.07, Glycemic Load:1.18, Inflammation Score:-1, Nutrition Score:2.1913043673596%

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: 117.1kcal (5.85%), Fat: 7.96g (12.25%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 9.49g (3.45%), Sugar: 4.36g (4.85%), Cholesterol: 17.5mg (5.83%), Sodium: 70.63mg (3.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Manganese: 0.21mg (10.64%), Vitamin B1: 0.05mg (3.67%), Selenium: 2.24µg (3.2%), Vitamin B2: 0.05mg (3.12%), Phosphorus: 31.19mg (3.12%), Copper: 0.05mg (2.66%), Folate: 10.15µg (2.54%), Iron: 0.44mg (2.46%), Fiber: 0.6g (2.41%), Vitamin A: 113.73IU (2.27%), Zinc: 0.28mg (1.86%), Magnesium: 7.02mg (1.75%), Vitamin B3: 0.34mg (1.7%), Vitamin B5: 0.16mg (1.6%), Calcium: 15.66mg (1.57%), Vitamin E: 0.19mg (1.25%), Potassium: 41.27mg (1.18%), Vitamin B6: 0.02mg (1.13%), Vitamin K: 1.07µg (1.02%)