



Ron's Raspberry Rugelach

 Vegetarian

READY IN



230 min.

SERVINGS



36

CALORIES



151 kcal

DESSERT

Ingredients

- 0.8 cup roasted almonds unsalted
- 1 teaspoon cinnamon
- 8 ounces cream cheese at room temperature
- 1 eggs with 1 tablespoon of milk or cream lightly beaten
- 2 cups flour all-purpose sifted (measured and)
- 0.5 cup granulated sugar
- 0.8 cup raisins
- 0.5 cup raspberry preserves sour seedless (cherry preserve is also great!)

- 3 tablespoons butter unsalted melted
- 8 ounces butter unsalted at room temperature (2 sticks)

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- stand mixer

Directions

- Combine the butter and cream cheese in the bowl of a stand mixer fitted with a paddle attachment. Beat on medium speed until smooth and creamy. Switch to low speed and gradually add in the flour. Stop the mixer and scrape the bowl and beater to make sure it is well mixed. The dough will be sticky. Divide the dough into three portions, wrap each in plastic wrap and flatten to a disk. Refrigerate for a minimum of 2 hours or overnight.
- Mix together the sugar and cinnamon in a bowl. Chop the almonds to small bits and toss with the raisins and sugar-cinnamon mixture.
- To assemble the rugelach: Dust the work surface with the flour and roll each dough portion to a 10-inch circle. Lightly brush each circle with the melted butter.
- Spread a third of the preserves or jam on each circle, leaving a clearance of 1/4-inch on the perimeter so the filling won't ooze out while baking.
- Sprinkle a third of the almond-raisin-sugar mixture on top of the preserves and press in slightly to help adhere.
- Using a pizza wheel, divide each circle into four quarters. Divide each quarter into three thin triangles, for a total of 12 wedges.
- Roll each triangle from the curved side to the point and place on a parchment-lined or nonstick baking sheet. Refrigerate the sheets for 30 minutes while preheating the oven to 350 degrees F. Note: The rugelach can be frozen on the trays and then stored in a zip-top bag in the freezer for baking fresh later.
- Carefully brush each rugelach with the egg wash, trying to avoid drips.

Bake for 15 to 20 minutes until deep golden. Cool on a rack and store in an airtight container for up to 3 days.

Nutrition Facts

PROTEIN 4.9% **FAT 57.05%** **CARBS 38.05%**

Properties

Glycemic Index:8.36, Glycemic Load:8.93, Inflammation Score:-2, Nutrition Score:2.8365217343621%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 151.11kcal (7.56%), Fat: 9.82g (15.1%), Saturated Fat: 5.24g (32.78%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 13.88g (5.05%), Sugar: 5.45g (6.06%), Cholesterol: 22.45mg (7.48%), Sodium: 23.17mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Manganese: 0.14mg (6.81%), Vitamin E: 1mg (6.68%), Vitamin B2: 0.09mg (5.59%), Vitamin A: 271.8IU (5.44%), Selenium: 3.22µg (4.61%), Vitamin B1: 0.07mg (4.44%), Folate: 15.42µg (3.86%), Fiber: 0.85g (3.39%), Phosphorus: 33.58mg (3.36%), Iron: 0.55mg (3.05%), Copper: 0.06mg (2.86%), Magnesium: 11.42mg (2.85%), Vitamin B3: 0.56mg (2.81%), Potassium: 68.26mg (1.95%), Calcium: 19.35mg (1.94%), Zinc: 0.19mg (1.26%)