



Rugelach

 Vegetarian

READY IN



115 min.

SERVINGS



48

CALORIES



107 kcal

DESSERT

Ingredients

- 0.5 cup apricot preserves pureed
- 8 ounces cream cheese at room temperature
- 1 eggs with 1 tablespoon milk, for egg wash beaten
- 2 cups flour all-purpose
- 0.3 cup granulated sugar plus 9 tablespoons
- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon kosher salt
- 0.3 cup brown sugar light packed

- 0.8 cup raisins
- 0.5 pound butter unsalted at room temperature
- 1 teaspoon vanilla extract pure
- 1 cup walnuts finely chopped

Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- blender
- hand mixer

Directions

- Watch how to make this recipe.
- Cream the cheese and butter in the bowl of an electric mixer fitted with the paddle attachment until light.
- Add 1/4 cup granulated sugar, the salt, and vanilla. With the mixer on low speed, add the flour and mix until just combined. Dump the dough out onto a well-floured board and roll it into a ball.
- Cut the ball in quarters, wrap each piece in plastic, and refrigerate for 1 hour.
- To make the filling, combine 6 tablespoons of granulated sugar, the brown sugar, 1/2 teaspoon cinnamon, the raisins, and walnuts.
- On a well-floured board, roll each ball of dough into a 9-inch circle.
- Spread the dough with 2 tablespoons apricot preserves and sprinkle with 1/2 cup of the filling. Press the filling lightly into the dough.
- Cut the circle into 12 equal wedgescutting the whole circle in quarters, then each quarter into thirds. Starting with the wide edge, roll up each wedge.

- Place the cookies, points tucked under, on a baking sheet lined with parchment paper. Chill for 30 minutes.
- Preheat the oven to 350 degrees F.
- Brush each cookie with the egg wash.
- Combine 3 tablespoons granulated sugar and 1 teaspoon cinnamon and sprinkle on the cookies.
- Bake for 15 to 20 minutes, until lightly browned.
- Remove to a wire rack and let cool.

Nutrition Facts



■ **PROTEIN 4.79%**
■ **FAT 58.26%**
■ **CARBS 36.95%**

Properties

Glycemic Index:6.12, Glycemic Load:4.66, Inflammation Score:-2, Nutrition Score:1.9413043610428%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 106.76kcal (5.34%), Fat: 7.12g (10.95%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 9.66g (3.51%), Sugar: 3.49g (3.88%), Cholesterol: 14.93mg (4.98%), Sodium: 29.59mg (1.29%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.32g (2.64%), Manganese: 0.14mg (6.92%), Vitamin A: 187.29IU (3.75%), Vitamin B1: 0.05mg (3.54%), Selenium: 2.42µg (3.46%), Folate: 12.59µg (3.15%), Copper: 0.06mg (2.9%), Vitamin B2: 0.05mg (2.76%), Iron: 0.4mg (2.24%), Phosphorus: 22.13mg (2.21%), Fiber: 0.5g (1.99%), Vitamin B3: 0.37mg (1.85%), Magnesium: 6.45mg (1.61%), Potassium: 46.25mg (1.32%), Vitamin B6: 0.02mg (1.18%), Vitamin E: 0.18mg (1.17%), Calcium: 11.64mg (1.16%)