



Rugelach

READY IN



45 min.

SERVINGS



44

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 8 oz cream cheese softened
- ☐ 2 cups flour all-purpose
- ☐ 1 cup golden raisins loosely packed chopped
- ☐ 44 servings milk for brushing cookies
- ☐ 1 cup raspberry jam
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 cup butter unsalted softened

- ☐ 0.3 lb walnuts finely chopped

Equipment

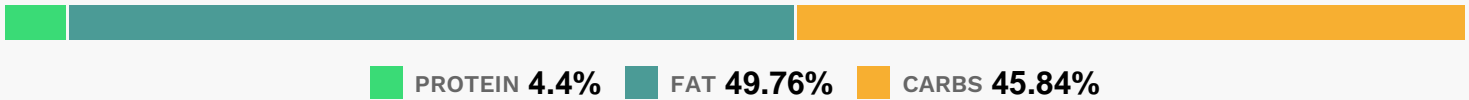
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ wooden spoon
- ☐ rolling pin
- ☐ offset spatula
- ☐ cutting board

Directions

- ☐ Whisk together flour and salt in a bowl. Beat together butter and cream cheese in a large bowl with an electric mixer until combined well.
- ☐ Add flour mixture and stir with a wooden spoon until a soft dough forms. Gather dough into a ball and wrap in plastic wrap, then flatten (in wrap) into a roughly 7- by 5-inch rectangle. Chill until firm, 8 to 24 hours.
- ☐ Put oven rack in middle position and preheat oven to 350°F. Line bottom of a 1- to 1 1/2-inch-deep large shallow baking pan with parchment paper.
- ☐ Cut dough into 4 pieces. Chill 3 pieces, wrapped in plastic wrap, and roll out remaining piece into a 12- by 8-inch rectangle on a well-floured surface with a floured rolling pin.
- ☐ Transfer dough to a sheet of parchment, then transfer to a tray and chill while rolling out remaining dough in same manner, transferring each to another sheet of parchment and stacking on tray.

- ☐ Whisk 1/2 cup sugar with cinnamon.
- ☐ Arrange 1 dough rectangle on work surface with a long side nearest you.
- ☐ Spread 1/4 cup preserves evenly over dough with offset spatula.
- ☐ Sprinkle 1/4 cup raisins and a rounded 1/4 cup walnuts over jam, then sprinkle with 2 tablespoons cinnamon sugar.
- ☐ Using parchment as an aid, roll up dough tightly into a log.
- ☐ Place, seam side down, in lined baking pan, then pinch ends closed and tuck underneath. Make 3 more logs in same manner and arrange 1 inch apart in pan.
- ☐ Brush logs with milk and sprinkle each with 1 teaspoon of remaining granulated sugar. With a sharp large knife, make 3/4-inch-deep cuts crosswise in dough (not all the way through) at 1-inch intervals. (If dough is too soft to cut, chill until firmer, 20 to 30 minutes.)
- ☐ Bake until golden, 45 to 50 minutes. Cool to warm in pan on a rack, about 30 minutes, then transfer logs to a cutting board and slice cookies all the way through.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:4.4495652071808%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 268.32kcal (13.42%), Fat: 15.06g (23.17%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 30.36g (11.04%), Sugar: 12.88g (14.31%), Cholesterol: 16.3mg (5.43%), Sodium: 144.76mg (6.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Manganese: 0.27mg (13.39%), Vitamin B1: 0.15mg (10.26%), Folate: 36.38µg (9.09%), Vitamin B2: 0.14mg (8.32%), Iron: 1.27mg (7.06%), Vitamin B3: 1.33mg (6.65%), Selenium: 4.43µg (6.33%), Vitamin E: 0.88mg (5.87%), Copper: 0.09mg (4.69%), Vitamin A: 233.9IU (4.68%), Phosphorus: 44.27mg (4.43%), Vitamin K: 3.77µg (3.59%), Fiber: 0.86g (3.45%), Magnesium: 11.21mg (2.8%), Vitamin B6: 0.05mg (2.55%), Potassium: 79.1mg (2.26%), Zinc: 0.3mg (2.01%), Calcium: 16.57mg (1.66%), Vitamin B5: 0.17mg (1.65%)