



Rugelach

 Dairy Free

READY IN



45 min.

SERVINGS



22

CALORIES



127 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 3 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup raisins
- ☐ 15 ounce piecrusts refrigerated (such as Pillsbury)
- ☐ 2 ounces walnuts chopped

Equipment

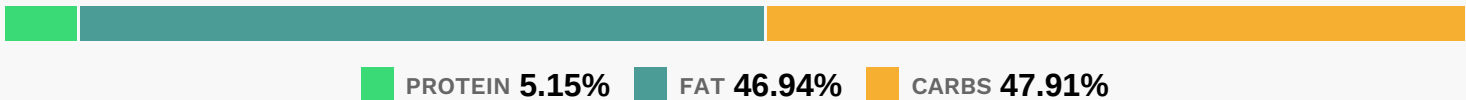
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400 F. Line a baking sheet with parchment paper or aluminum foil.
- ☐ Sprinkle the work surface with 1 tablespoon of the sugar and 1/2 teaspoon of the cinnamon. Unfold one of the crusts and place it on the sugar.
- ☐ Roll it to an even thickness.
- ☐ Spread half the jam evenly over the crust.
- ☐ Sprinkle with half of the walnuts and half of the raisins.
- ☐ Roll the dough tightly.
- ☐ Sprinkle the top of the log with 1/2 tablespoon of the sugar; repeat. Using a knife, trim the uneven ends (about 1 inch on each side).
- ☐ Cut the rolls into 3/4-inch-thick slices.
- ☐ Place the slices, sugared-side up, on baking sheets, spacing them 2 inches apart.
- ☐ Bake until golden, 22 to 25 minutes.
- ☐ Let cool for 5 minutes.
- ☐ Roll the rugelach the day before, cover tightly with plastic wrap, and refrigerate. Slice and bake the day of the party.

Nutrition Facts



Properties

Glycemic Index:6.99, Glycemic Load:2.11, Inflammation Score:-1, Nutrition Score:2.1326087007056%

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: 126.89kcal (6.34%), Fat: 6.74g (10.38%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 14.62g (5.32%), Sugar: 3.26g (3.62%), Cholesterol: 0mg (0%), Sodium: 81.18mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Manganese: 0.2mg (9.83%), Vitamin B1: 0.06mg (4.29%), Folate: 16.16µg (4.04%), Iron: 0.66mg (3.67%), Fiber: 0.86g (3.46%), Copper: 0.07mg (3.31%), Vitamin B3: 0.58mg (2.89%), Phosphorus: 24.65mg (2.46%), Vitamin B2: 0.04mg (2.46%), Magnesium: 7.83mg (1.96%), Selenium: 1.33µg (1.89%), Potassium: 51.42mg (1.47%), Vitamin K: 1.51µg (1.44%), Vitamin B6: 0.03mg (1.42%), Zinc: 0.17mg (1.16%)