



## Rugelach Cream Cheese Cookies

 Vegetarian

READY IN



62 min.

SERVINGS



64

CALORIES



94 kcal

DESSERT

### Ingredients

- 0.5 cup apricot preserves
- 0.5 tsp baking soda
- 0.3 cup brown sugar packed
- 0.8 cup butter softened
- 8 oz philadelphia cream cheese softened
- 1 eggs
- 2.5 cups flour
- 0.8 cup golden raisins

- 1.8 cups granulated sugar divided
- 2 tsp ground cinnamon divided
- 2 tsp vanilla
- 0.8 cup planters walnuts finely chopped
- 1 Tbsp water

## Equipment

- bowl
- baking sheet
- oven
- blender

## Directions

- Beat cream cheese, butter, 1 cup granulated sugar and vanilla in large bowl with mixer until blended.
- Add flour and baking soda; mix well. Refrigerate 30 min. Meanwhile, mix 1/2 cup of the remaining granulated sugar, brown sugar, 1 tsp. cinnamon, nuts and raisins.
- Heat oven to 375F.
- Roll 1/4 of the dough into 9-inch circle on lightly floured surface.
- Spread dough with 2 Tbsp. jam, then sprinkle with 1/4 of the sugar mixture; press sugar mixture firmly into dough.
- Cut into 16 wedges. Starting at wide edge, roll up each wedge.
- Place, point-sides down, on baking sheet sprayed with cooking spray. Repeat with remaining dough.
- Beat egg and water; brush onto roll-ups.
- Sprinkle with combined remaining granulated sugar and cinnamon.
- Bake 9 to 10 min. or until lightly browned. Immediately remove from baking sheets to wire racks; cool completely.

## Nutrition Facts



■ PROTEIN 4.63% ■ FAT 41.25% ■ CARBS 54.12%

## Properties

Glycemic Index:4.75, Glycemic Load:7.31, Inflammation Score:-1, Nutrition Score:1.5265217293864%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 93.7kcal (4.69%), Fat: 4.41g (6.79%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 12.69g (4.61%), Sugar: 8.3g (9.23%), Cholesterol: 11.86mg (3.95%), Sodium: 40.44mg (1.76%), Alcohol: 0.05g (100%), Alcohol %: 0.24% (100%), Protein: 1.11g (2.23%), Manganese: 0.1mg (5.1%), Selenium: 2.36µg (3.37%), Vitamin B1: 0.04mg (2.96%), Folate: 11.08µg (2.77%), Vitamin B2: 0.04mg (2.54%), Vitamin A: 122.08IU (2.44%), Copper: 0.04mg (1.96%), Iron: 0.34mg (1.88%), Phosphorus: 17.91mg (1.79%), Vitamin B3: 0.33mg (1.66%), Fiber: 0.34g (1.36%), Magnesium: 4.51mg (1.13%)