

Afghans

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups cornflakes
- 0.3 cup dates pitted chopped
- 1 cup flour all-purpose
- 0.8 cup shortening
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup water boiling

0.3 cup granulated sugar white

Equipment

bowl

baking sheet

oven

Directions

In small cup, cover chopped dates with boiling water and let soak for 10 – 15 minutes. (If necessary, add additional boiling water to cover.)

Drain liquid and discard.

Combine flour, cocoa and baking powder and set aside.

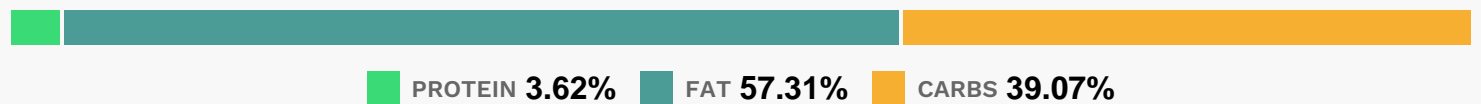
In a large bowl, cream shortening and sugar until light and fluffy. Stir in dates and beat in vanilla extract. Gradually blend in the dry ingredients. Fold in cornflakes.

Break off pieces of dough (walnut sized).

Roll into balls and place 1–1/2 inches apart on ungreased cookie sheet.

Bake at 350 degrees F (175 degrees C) for 12 – 15 minutes or until firm. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:8.03, Glycemic Load:3.39, Inflammation Score:-1, Nutrition Score:1.6260869412319%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 66.87kcal (3.34%), Fat: 4.4g (6.77%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.28g (2.28%), Sugar: 2.43g (2.7%), Cholesterol: 0mg (0%), Sodium: 23.7mg (1.03%), Alcohol: 0.04g (100%), Alcohol %: 0.3% (100%), Protein: 0.63g (1.25%), Iron: 0.72mg (4.02%), Vitamin B1: 0.05mg (3.34%), Folate:

12.36µg (3.09%), Manganese: 0.05mg (2.65%), Vitamin B3: 0.51mg (2.57%), Vitamin B2: 0.04mg (2.56%), Vitamin K: 2.33µg (2.22%), Selenium: 1.44µg (2.06%), Fiber: 0.48g (1.9%), Vitamin E: 0.27mg (1.78%), Copper: 0.03mg (1.71%), Vitamin B6: 0.03mg (1.62%), Phosphorus: 13.01mg (1.3%), Vitamin B12: 0.08µg (1.3%), Magnesium: 5.01mg (1.25%)