



Anise-Scented Fig and Date Swirls

 Vegetarian

READY IN



360 min.

SERVINGS



36

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons anise seeds
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 4 oz cream cheese at room temperature
- ☐ 7 oz dates packed pitted trimmed coarsely chopped
- ☐ 8 oz figs dried packed stemmed soft coarsely chopped
- ☐ 1 large egg yolk
- ☐ 1.8 cups flour all-purpose

- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup granulated sugar such as turbinado raw
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water

Equipment

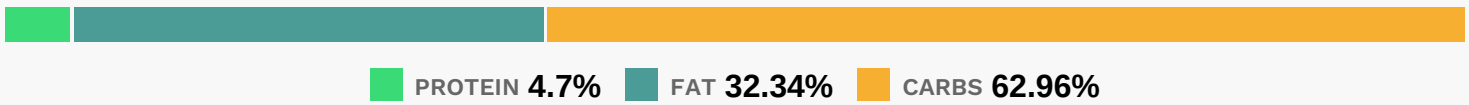
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Purée figs and dates with water and 2 tablespoons granulated sugar in a blender or food processor until almost smooth.
- ☐ Whisk together flour, anise, baking powder and soda, and salt in a bowl. Beat together butter, cream cheese, and remaining 1/2 cup granulated sugar in a large bowl with an electric mixer at moderate speed until pale and fluffy, about 3 minutes. Beat in vanilla and yolk until combined well.
- ☐ Add flour mixture and mix at low speed until just combined.
- ☐ Halve dough and form each half into a rectangle. Chill, wrapped in plastic wrap, until firm, about 1 hour.

- ☐ Roll out 1 piece of dough between 2 sheets of wax paper into a 9- by 7-inch rectangle, about 1/3 inch thick.
- ☐ Remove top sheet of wax paper and drop half of fig mixture by spoonfuls onto dough, then gently spread in an even layer, leaving a 1/4-inch border around edges. Starting with a long side and using wax paper as an aid, roll up dough jelly-roll style into a log.
- ☐ Roll log in raw sugar to coat completely. Make another log in same manner. Chill logs, wrapped in wax paper, until firm, at least 4 hours.
- ☐ Preheat oven to 350°F.
- ☐ Cut logs crosswise into 1/3-inch-thick slices and arrange slices about 2 inches apart on lightly buttered baking sheets.
- ☐ Bake in batches in middle of oven until pale golden, 15 to 17 minutes, then transfer to racks to cool.
- ☐ · Logs can be chilled up to 3 days: Cookies keep, layered between sheets of wax or parchment paper in an airtight container at room temperature, 1 week.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:8.33, Inflammation Score:-1, Nutrition Score:2.1530434839104%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 105.45kcal (5.27%), Fat: 3.93g (6.05%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 15.98g (5.81%), Sugar: 10.82g (12.02%), Cholesterol: 15.06mg (5.02%), Sodium: 38.23mg (1.66%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Protein: 1.29g (2.57%), Fiber: 1.24g (4.95%), Manganese: 0.09mg (4.62%), Selenium: 2.85µg (4.07%), Vitamin B1: 0.06mg (3.87%), Folate: 13.81µg (3.45%), Vitamin B2: 0.05mg (2.98%), Iron: 0.53mg (2.97%), Potassium: 93.16mg (2.66%), Vitamin A: 129.43IU (2.59%), Vitamin B3: 0.48mg (2.38%), Magnesium: 8.62mg (2.16%), Phosphorus: 21.29mg (2.13%), Copper: 0.04mg (2.07%), Calcium: 20.32mg (2.03%), Vitamin K: 1.44µg (1.37%), Vitamin B5: 0.12mg (1.23%), Vitamin B6: 0.02mg (1.14%)