



## Apple-Date Swirl Cookies

 Dairy Free

READY IN



210 min.

SERVINGS



60

CALORIES



52 kcal

DESSERT

### Ingredients

- 0.5 cup granulated sugar
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 0.5 teaspoon vanilla
- 1 eggs
- 1.7 cups flour all-purpose
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt

- 0.3 teaspoon ground cinnamon
- 1 cup dates chopped
- 0.8 cup apples peeled finely chopped
- 0.3 cup granulated sugar
- 1 teaspoon orange zest grated
- 0.3 cup orange juice

## Equipment

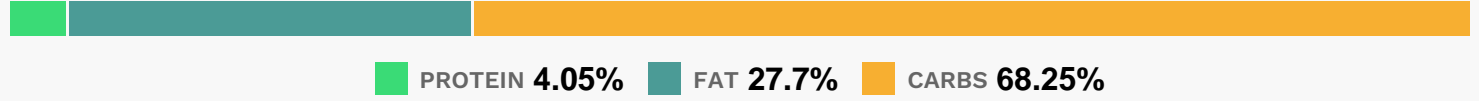
- bowl
- baking sheet
- sauce pan
- oven
- knife
- wire rack
- plastic wrap
- hand mixer

## Directions

- In large bowl, beat 1/2 cup granulated, the brown sugar, butter, vanilla and egg with electric mixer on medium speed, or mix with spoon, until well blended. Stir in flour, baking soda, salt and cinnamon.
- In 1-quart saucepan, cook all Apple-Date Filling ingredients over medium-high heat, stirring constantly, until mixture boils and thickens. Boil and stir 5 minutes. Cool.
- Roll or pat dough into rectangle, 16x8 inches, between sheets of waxed paper or plastic wrap.
- Remove top sheet.
- Spread dough with cooled Apple-Date Filling.
- Roll up dough with filling inside, starting with 16-inch side and using waxed paper to lift and roll. Wrap tightly. Refrigerate 2 to 3 hours or until firm.
- Heat oven to 375°F.
- Cut roll with sharp knife into 1/4-inch slices, occasionally cleaning off knife.

- Place about 1 inch apart on ungreased cookie sheet.
- Bake 8 to 11 minutes or until lightly browned.
- Remove from cookie sheet to wire rack; cool.

## Nutrition Facts



### Properties

Glycemic Index:5.94, Glycemic Load:4.63, Inflammation Score:-1, Nutrition Score:0.8921739190169%

### 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: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 52.22kcal (2.61%), Fat: 1.65g (2.54%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 8.8g (3.2%), Sugar: 6.09g (6.77%), Cholesterol: 2.73mg (0.91%), Sodium: 38.38mg (1.67%), Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Protein: 0.54g (1.08%), Selenium: 1.51µg (2.16%), Vitamin B1: 0.03mg (2.02%), Folate: 7.57µg (1.89%), Manganese: 0.03mg (1.69%), Vitamin A: 74.94IU (1.5%), Vitamin B2: 0.02mg (1.42%), Fiber: 0.34g (1.35%), Vitamin B3: 0.25mg (1.23%), Iron: 0.22mg (1.21%)