



Carrot Cake Snack Bites

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



20

CALORIES



70 kcal

Ingredients

- 2.3 cup carrots shredded
- 1 tsp cinnamon
- 0.7 cup coconut or shredded flaked (or)
- 0.3 tsp ground ginger
- 0.8 cup medjool dates (10 large dates)
- 0.5 cup sunflower seeds
- 0.5 cup walnuts

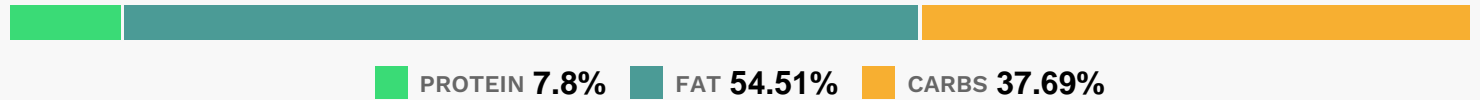
Equipment

- food processor

Directions

- In a food processor, blend all the snack bite ingredients together. Scoop out tablespoons full of the batter and roll it into a ball.
- Roll the balls in sesame seeds, coconut, or chopped almonds for additional crunch, if desired. Store refrigerated.

Nutrition Facts



Properties

Glycemic Index: 5.09, Glycemic Load: 0.59, Inflammation Score: -9, Nutrition Score: 5.6382608695652%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 100%, Saltiness: 19.65%, Sourness: 16.16%, Bitterness: 43.54%, Savoriness: 21.92%, Fattiness: 44.97%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 69.7kcal (3.49%), Fat: 4.57g (7.03%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 5.54g (2.01%), Sugar: 4.68g (5.2%), Cholesterol: 0mg (0%), Sodium: 10.9mg (0.47%), Protein: 1.47g (2.94%), Vitamin A: 2416.53IU (48.33%), Manganese: 0.27mg (13.61%), Vitamin E: 1.3mg (8.69%), Copper: 0.15mg (7.27%), Fiber: 1.57g (6.28%), Magnesium: 21.19mg (5.3%), Vitamin B1: 0.07mg (4.91%), Vitamin B6: 0.1mg (4.81%), Phosphorus: 43.82mg (4.38%), Potassium: 129.3mg (3.69%), Folate: 14.74µg (3.68%), Selenium: 2.22µg (3.17%), Vitamin B3: 0.56mg (2.8%), Iron: 0.43mg (2.41%), Zinc: 0.35mg (2.33%), Vitamin K: 2.17µg (2.07%), Vitamin B2: 0.03mg (1.68%), Calcium: 15.46mg (1.55%), Vitamin B5: 0.15mg (1.47%), Vitamin C: 1.03mg (1.25%)