

Taste of Home

Chewy Date Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



74 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 0.7 cup brown sugar packed
- 1 large eggs
- 0.8 cup flour all-purpose
- 0.7 cup flour whole wheat
- 2 teaspoons lemon zest grated
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon ground cinnamon

- 0.5 teaspoon nutmeg
- 0.3 teaspoon salt
- 0.3 cup skim milk fat-free
- 1 cup dates chopped

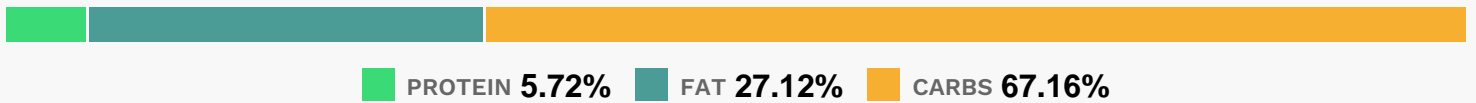
Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, cream butter and brown sugar.
- Add egg; mix well.
- Combine the flours, lemon zest, baking powder, cinnamon, nutmeg and salt; add to creamed mixture alternately with milk, beating well after each addition. Stir in dates.
- Drop by rounded tablespoonfuls 2 in. apart onto ungreased baking sheets.
- Bake at 325° for 13–15 minutes or until golden brown.
- Remove to wire racks to cool. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:12.57, Glycemic Load:3.52, Inflammation Score:-1, Nutrition Score:1.9156521604113%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 74.43kcal (3.72%), Fat: 2.34g (3.59%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 12.21g (4.44%), Sugar: 7.99g (8.88%), Cholesterol: 11.68mg (3.89%), Sodium: 61.6mg (2.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Manganese: 0.15mg (7.66%), Selenium: 3.49µg (4.99%), Fiber: 0.8g (3.2%), Vitamin B1: 0.04mg (2.84%), Phosphorus: 26.71mg (2.67%), Calcium: 23.92mg (2.39%), Folate: 8.82µg (2.2%), Iron: 0.38mg (2.12%), Vitamin B2: 0.03mg (2.02%), Vitamin B3: 0.39mg (1.95%), Magnesium: 7.54mg (1.88%), Potassium: 58.5mg (1.67%), Vitamin A: 77.12IU (1.54%), Copper: 0.03mg (1.48%), Vitamin B6: 0.03mg (1.34%), Vitamin B5: 0.1mg (1.01%)