



Chinese Chews



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



36

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 1 cup sugar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 1 cup dates chopped
- ☐ 1 cup walnuts chopped
- ☐ 3 eggs
- ☐ 36 servings confectioners sugar for topping

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ sifter

Directions

- ☐ Preheat oven to 300° F. Grease and flour an 8 x 12-inch pan – if you use a smaller pan, the baking time will be longer. Note: If you grease the pan, but don't flour it, the squares will stick to the pan and be difficult to remove after baking.
- ☐ Combine flour, sugar (not confectioners sugar), baking powder and salt. Sift with a sifter or fine mesh sieve into a medium sized mixing bowl. If you don't have a sifter, whisk dry ingredients together well to combine.
- ☐ Stir the dates, nuts and well-beaten eggs (I beat the eggs separately with a hand mixer for about 1 minute until fluffy before adding them), into the dry ingredients.
- ☐ It is not necessary to beat the eggs with a mixer, you can beat them by hand with a fork. Make sure ingredients are well combined – the batter will be sticky.
- ☐ Spread the batter out as thinly as possible into the prepared pan.
- ☐ Bake for 30 minutes, or until top is golden brown and a toothpick inserted in the center of the pan comes out clean.
- ☐ Let cool completely, and cut into 1 to 1 1/2-inch squares. Note: Many recipes call for cutting the squares while still warm. In my experience, they are much easier to cut after they've cooled.
- ☐ Sprinkle with powdered sugar, using sifter or sieve, as desired.

Nutrition Facts



 **PROTEIN 5.08%**  **FAT 21.8%**  **CARBS 73.12%**

Properties

Glycemic Index:8.59, Glycemic Load:6.81, Inflammation Score:-1, Nutrition Score:1.7443478337449%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 100.06kcal (5%), Fat: 2.53g (3.89%), Saturated Fat: 0.32g (2%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 18.45g (6.71%), Sugar: 16.06g (17.85%), Cholesterol: 13.64mg (4.55%), Sodium: 33.55mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Manganese: 0.14mg (7.05%), Selenium: 2.37µg (3.39%), Copper: 0.07mg (3.37%), Phosphorus: 26.28mg (2.63%), Folate: 10.45µg (2.61%), Fiber: 0.62g (2.46%), Vitamin B1: 0.04mg (2.34%), Vitamin B2: 0.04mg (2.34%), Magnesium: 7.93mg (1.98%), Iron: 0.34mg (1.9%), Vitamin B6: 0.03mg (1.58%), Potassium: 49.26mg (1.41%), Calcium: 13.9mg (1.39%), Vitamin B3: 0.24mg (1.22%), Zinc: 0.18mg (1.19%), Vitamin B5: 0.11mg (1.1%)