



Cinnamon-Spiced Date Cookies



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



73 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup dates pitted chopped
- ☐ 1.5 cups flour all-purpose
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.5 teaspoon salt

- ☐ 1.3 cups sugar divided
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1 tablespoon water
- ☐ 1 cup flour whole-wheat

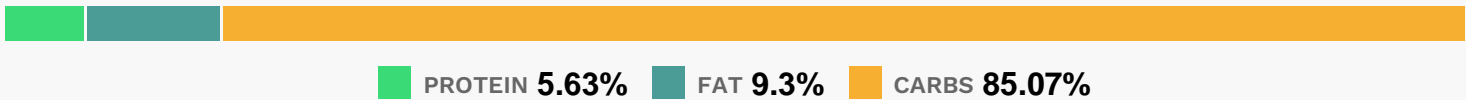
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Combine flours and next 6 ingredients (flours through cinnamon) in a large bowl; make a well in the center of mixture.
- ☐ Combine 1 cup sugar, oil, applesauce, water, and vanilla in a bowl; add to flour mixture, stirring just until moist. Cover and chill 1 hour or until firm.
- ☐ Shape dough into 36 balls, and roll the balls in 1/4 cup sugar.
- ☐ Place the balls 2 inches apart on baking sheets coated with cooking spray.
- ☐ Bake at 350 for 15 minutes or until lightly browned. Cool 1 minute on pans.
- ☐ Remove from pans, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:8.82, Inflammation Score:-1, Nutrition Score:1.915652167295%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 72.62kcal (3.63%), Fat: 0.78g (1.2%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 15.23g (5.54%), Sugar: 9.22g (10.25%), Cholesterol: 0mg (0%), Sodium: 59.67mg (2.59%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 1.06g (2.12%), Manganese: 0.18mg (9.2%), Selenium: 3.97µg (5.68%), Vitamin B1: 0.06mg (4.01%), Fiber: 0.78g (3.14%), Folate: 11.68µg (2.92%), Vitamin B3: 0.52mg (2.58%), Iron: 0.42mg (2.33%), Phosphorus: 22.05mg (2.2%), Vitamin B2: 0.04mg (2.1%), Magnesium: 7.19mg (1.8%), Copper: 0.03mg (1.45%), Vitamin K: 1.29µg (1.23%), Potassium: 40.6mg (1.16%), Vitamin B6: 0.02mg (1.09%)