

 54%
HEALTH SCORE

Coconut Dates



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

Ingredients



2 tablespoons coconut or shredded



8 dates pitted



8 tablespoons puffed-wheat cereal

Equipment

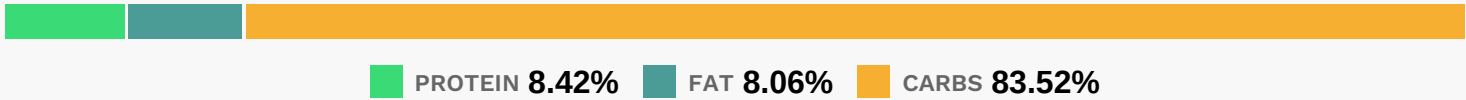


bowl

Directions

- ☐
- Place dates in a large bowl. Mash with fingers until dates form a ball.
- ☐
- Add cereal; knead into dates.
- ☐
- Form into 8 balls; roll each in coconut to coat.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:4.89, Inflammation Score:-7, Nutrition Score:16.983478246824%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 149kcal (7.45%), Fat: 1.52g (2.34%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 35.42g (11.81%), Net Carbohydrates: 30.3g (11.02%), Sugar: 12.18g (13.53%), Cholesterol: 0mg (0%), Sodium: 170.67mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin D: 25.16µg (167.74%), Folate: 254.99µg (63.75%), Iron: 9.26mg (51.47%), Zinc: 3.37mg (22.47%), Fiber: 5.12g (20.47%), Vitamin B6: 0.34mg (16.95%), Vitamin B3: 3.34mg (16.69%), Vitamin B1: 0.24mg (16.33%), Vitamin B2: 0.28mg (16.3%), Vitamin B12: 0.94µg (15.73%), Phosphorus: 105.87mg (10.59%), Magnesium: 31.98mg (8%), Calcium: 68.71mg (6.87%), Vitamin A: 315.92IU (6.32%), Potassium: 207.71mg (5.93%), Vitamin C: 3.91mg (4.74%), Manganese: 0.07mg (3.71%), Copper: 0.04mg (1.99%)