



Date-and-Walnut Sambouseks

 Dairy Free

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READY IN

ready

45 min.

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SERVINGS

servings

10

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CALORIES

calories

150 kcal

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SIDE DISH

Ingredients

- ☐ 7.5 ounce biscuit dough refrigerated canned 10 biscuits
- ☐ 1 cup dates pitted chopped
- ☐ 1 eggs lightly beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup orange juice
- ☐ 1 tablespoon sesame seed
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons walnuts finely chopped

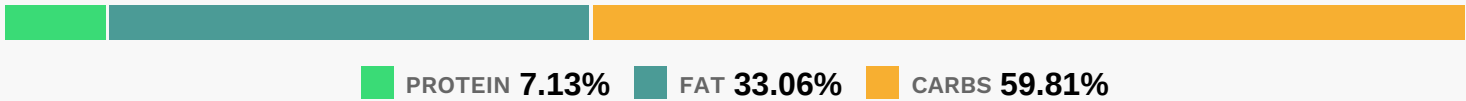
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 350
- ☐ Combine chopped dates and orange juice in a medium saucepan; cover and cook over low heat for 15 minutes or until the liquid is absorbed.
- ☐ Remove from heat, and mash the dates with a fork until smooth. Stir in chopped walnuts, vanilla, and cinnamon.
- ☐ Divide the dough into 10 biscuits. Working with 1 biscuit at a time, pat each biscuit into a 4-inch circle. Spoon about 1 tablespoon of the date mixture onto half of each circle. Fold the dough over filling, and press the edges together with a fork to seal.
- ☐ Place the filled pastries about 2 inches apart on a baking sheet coated with cooking spray.
- ☐ Brush the beaten egg over pastries, and sprinkle with sesame seeds.
- ☐ Bake the pastries at 350 for 25 minutes or until lightly browned.
- ☐ Remove from pan, and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.9, Glycemic Load:12.36, Inflammation Score:-2, Nutrition Score:4.9130435274995%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin:

1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 150kcal (7.5%), Fat: 5.71g (8.79%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 21.49g (7.82%), Sugar: 11.23g (12.47%), Cholesterol: 16.58mg (5.53%), Sodium: 207.13mg (9.01%), Alcohol: 0.14g (100%), Alcohol %: 0.31% (100%), Protein: 2.77g (5.54%), Phosphorus: 123.4mg (12.34%), Manganese: 0.23mg (11.56%), Selenium: 6.18µg (8.83%), Vitamin B1: 0.12mg (8.3%), Vitamin C: 6.29mg (7.62%), Fiber: 1.76g (7.03%), Folate: 26.21µg (6.55%), Iron: 1.14mg (6.32%), Copper: 0.12mg (6.08%), Vitamin B2: 0.1mg (5.94%), Potassium: 188.52mg (5.39%), Vitamin B3: 1.01mg (5.07%), Magnesium: 17.9mg (4.48%), Vitamin B6: 0.06mg (3.2%), Calcium: 30.79mg (3.08%), Vitamin B5: 0.25mg (2.54%), Vitamin E: 0.36mg (2.38%), Zinc: 0.33mg (2.22%), Vitamin K: 1.38µg (1.31%), Vitamin B12: 0.07µg (1.15%), Vitamin A: 51.22IU (1.02%)