



Date Balls

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 4 cups rice cereal crisp
- ☐ 10 ounce dates chopped
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup pecans toasted chopped
- ☐ 48 servings powdered sugar
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

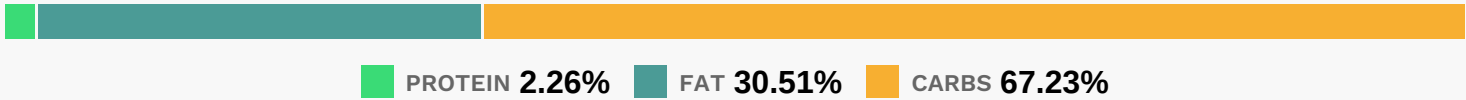
Equipment

☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a saucepan; cook over low heat 6 to 8 minutes, stirring constantly, until sugar dissolves.
- ☐ Add pecans, and cook, stirring constantly, 10 minutes.
- ☐ Remove from heat, and stir in vanilla. Stir in cereal, and cool slightly.
- ☐ Shape mixture into 1 1/2-inch balls; roll in powdered sugar.

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:4.98, Inflammation Score:-1, Nutrition Score:1.2513043412372%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 104.2kcal (5.21%), Fat: 3.69g (5.67%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 17.57g (6.39%), Sugar: 15.83g (17.59%), Cholesterol: 3.88mg (1.29%), Sodium: 24.18mg (1.05%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 0.61g (1.23%), Manganese: 0.12mg (5.93%), Fiber: 0.71g (2.85%), Copper: 0.04mg (2.24%), Vitamin A: 92.07IU (1.84%), Vitamin B1: 0.03mg (1.71%), Potassium: 52.66mg (1.5%), Magnesium: 5.96mg (1.49%), Phosphorus: 14.4mg (1.44%), Selenium: 0.82µg (1.17%), Folate: 4.53µg (1.13%), Vitamin B2: 0.02mg (1.12%), Iron: 0.19mg (1.04%), Zinc: 0.15mg (1.01%)