



Date Balls



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 1 cup coconut or shredded
- ☐ 1 cup dates pitted chopped
- ☐ 2 egg white
- ☐ 1 cup walnuts chopped
- ☐ 1 teaspoon water

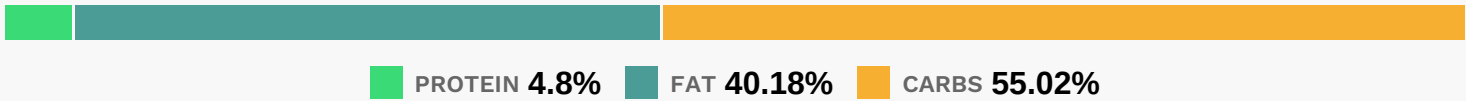
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a small saucepan over low heat, combine butter, water, and dates. Bring to a boil, then remove from heat, and let stand for 10 minutes.
- ☐ Pour date mixture into a medium bowl.
- ☐ Mix in the brown sugar and chopped nuts.
- ☐ Whip egg whites in a small bowl until stiff. Fold egg whites into date mixture.
- ☐ Roll dough into 2 inch balls and roll in shredded coconut.
- ☐ Place on cookie sheets about 2 inches apart
- ☐ Bake for 12 to 15 minutes in the preheated oven.
- ☐ Let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:1.48, Inflammation Score:-1, Nutrition Score:1.3552173819879%

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: 67.51kcal (3.38%), Fat: 3.2g (4.92%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 9.11g (3.31%), Sugar: 8.75g (9.72%), Cholesterol: 0.84mg (0.28%), Sodium: 7.58mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Manganese: 0.16mg (7.95%), Copper: 0.07mg (3.65%), Fiber: 0.74g (2.98%), Magnesium: 8.34mg (2.09%), Potassium: 59.97mg (1.71%), Phosphorus: 16.88mg (1.69%), Vitamin B6: 0.03mg (1.4%), Iron: 0.23mg (1.31%), Selenium: 0.92µg (1.31%), Folate: 4.68µg (1.17%), Calcium: 10.38mg

(1.04%)