



Date-Filled Cookie Wraps

 Vegetarian

READY IN



75 min.

SERVINGS



50

CALORIES



53 kcal

DESSERT

Ingredients

- ☐ 4 oz cream cheese softened (half an 8-oz package)
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon sugar
- ☐ 1 cup flour all-purpose
- ☐ 1 egg whites
- ☐ 1 tablespoon water
- ☐ 4 teaspoons sparkling wine white
- ☐ 8 oz dates chopped

- ☐ 0.5 cup water
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon orange zest
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup walnut pieces chopped

Equipment

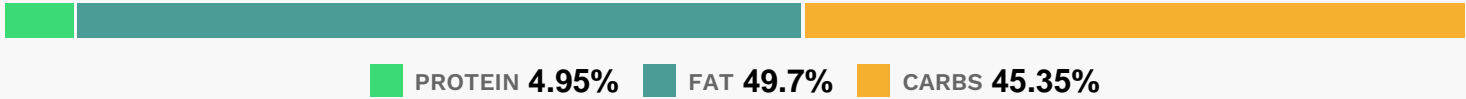
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Line 2 cookie sheets with cooking parchment paper, set aside.
- ☐ In large bowl, beat cream cheese, butter and 1 tablespoon sugar with electric mixer on medium speed until fluffy. On low speed, gradually beat in flour. On large piece of plastic wrap, form dough into 10x5-inch rectangle. Wrap in plastic wrap; refrigerate until firm, about 1 hour.
- ☐ Meanwhile, in 2-quart saucepan, stir together chopped dates, 1/2 cup water and 2 tablespoons sugar.
- ☐ Heat to boiling. Reduce heat to low; cook 5 to 8 minutes, stirring constantly, until thickened. Cool 5 minutes. Stir in orange peel, vanilla and walnuts; set aside.
- ☐ Heat oven to 325°F.
- ☐ Cut dough in half into 2 squares. On floured surface, roll out 1 square of dough into 10-inch square. Using fluted pastry wheel, trim edges; cut into twenty-five 2-inch squares. Spoon 1 teaspoon date mixture onto center of each 2-inch square. Bring 2 opposite corners of dough together, partially overlapping and covering date mixture. Using fingers dipped in water, press

- dough to seal. Arrange 1 inch apart on cookie sheets. Repeat with other half of dough.
- ☐ In small bowl, beat egg white and 1 tablespoon water; brush onto dough wraps.
 - ☐ Sprinkle with coarse white sparkling sugar.
 - ☐ Bake 13 to 15 minutes or until edges begin to turn golden brown. Cool 2 to 3 minutes.
 - ☐ Remove from cookie sheets to cooling rack. Cool completely, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:7.28, Glycemic Load:3.51, Inflammation Score:-1, Nutrition Score:0.98173913262461%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 53.36kcal (2.67%), Fat: 3.05g (4.69%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 5.78g (2.1%), Sugar: 3.72g (4.13%), Cholesterol: 7.17mg (2.39%), Sodium: 23.04mg (1%), Alcohol: 0.04g (100%), Alcohol %: 0.3% (100%), Protein: 0.68g (1.37%), Manganese: 0.05mg (2.47%), Selenium: 1.36µg (1.94%), Fiber: 0.47g (1.9%), Vitamin A: 87.92IU (1.76%), Vitamin B1: 0.02mg (1.65%), Folate: 6.32µg (1.58%), Vitamin B2: 0.03mg (1.48%), Copper: 0.02mg (1.17%), Potassium: 40.03mg (1.14%), Vitamin B3: 0.22mg (1.08%), Phosphorus: 10.67mg (1.07%), Iron: 0.19mg (1.03%)