

Date-Filled Sandwich Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



36

CALORIES



179 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 cups brown sugar packed
- 1 cup butter softened
- 2 cups dates chopped
- 2 eggs
- 3.5 cups flour all-purpose
- 0.8 cup sugar

- 2 teaspoons vanilla extract
- 0.8 cup water

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- cookie cutter

Directions

- In a large bowl, cream butter and brown sugar until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Beat in vanilla.
- Combine the flour, baking powder and baking soda; gradually add to creamed mixture and mix well. Refrigerate for 1 hour or until easy to handle.
- On a lightly floured surface, roll out dough to 1/8-in. thickness.
- Cut with a floured 2-1/2-in. cookie cutter.
- Place 1 in. apart on greased baking sheets.
- Bake at 350° for 10-12 minutes or until edges are lightly browned.
- Remove to wire racks to cool.
- In a small saucepan, combine filling ingredients. Cook over medium heat for 3 minutes or until thickened and bubbly. Cool to room temperature.
- Spread on the bottoms of half of the cookies; top with remaining cookies.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:12.49, Inflammation Score:-2, Nutrition Score:2.8560869645165%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 179.16kcal (8.96%), Fat: 5.51g (8.48%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 30.64g (11.14%), Sugar: 21.27g (23.63%), Cholesterol: 22.65mg (7.55%), Sodium: 90.33mg (3.93%), Alcohol: 0.08g (100%), Alcohol %: 0.19% (100%), Protein: 1.83g (3.66%), Selenium: 5.35µg (7.64%), Vitamin B1: 0.1mg (6.73%), Folate: 25.25µg (6.31%), Manganese: 0.11mg (5.67%), Vitamin B2: 0.08mg (4.69%), Iron: 0.79mg (4.4%), Vitamin B3: 0.84mg (4.2%), Fiber: 0.98g (3.93%), Vitamin A: 171.59IU (3.43%), Phosphorus: 27.48mg (2.75%), Potassium: 88.15mg (2.52%), Calcium: 24.78mg (2.48%), Copper: 0.04mg (2.15%), Magnesium: 7.81mg (1.95%), Vitamin B5: 0.16mg (1.62%), Vitamin B6: 0.03mg (1.41%), Vitamin E: 0.18mg (1.22%), Zinc: 0.15mg (1.01%)