



Date Filling

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



423 kcal

SIDE DISH

Ingredients

- 10 ounce dates chopped
- 1 pinch salt
- 1 tablespoon sugar
- 2.5 tablespoons water

Equipment

- sauce pan

Directions

- Combine all ingredients in a small saucepan; cook over medium heat, stirring constantly, 3 to 5 minutes or until thickened. Cool completely.

Nutrition Facts

PROTEIN 2.97% **FAT 1.1%** **CARBS 95.93%**

Properties

Glycemic Index:61.05, Glycemic Load:53.57, Inflammation Score:-3, Nutrition Score:8.8352174318355%

Flavonoids

Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 422.83kcal (21.14%), Fat: 0.57g (0.88%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 112.29g (37.43%), Net Carbohydrates: 100.95g (36.71%), Sugar: 95.86g (106.51%), Cholesterol: 0mg (0%), Sodium: 23.21mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.95%), Fiber: 11.34g (45.36%), Potassium: 929.99mg (26.57%), Manganese: 0.37mg (18.58%), Magnesium: 61.14mg (15.28%), Copper: 0.3mg (14.77%), Vitamin B6: 0.23mg (11.69%), Vitamin B3: 1.8mg (9%), Phosphorus: 87.88mg (8.79%), Vitamin B5: 0.83mg (8.35%), Iron: 1.45mg (8.05%), Folate: 26.93µg (6.73%), Selenium: 4.29µg (6.13%), Calcium: 55.92mg (5.59%), Vitamin B2: 0.09mg (5.57%), Vitamin B1: 0.07mg (4.91%), Vitamin K: 3.83µg (3.64%), Zinc: 0.41mg (2.76%)