



## Date Nut Logs

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 cup powdered sugar for decoration
- 0.7 cup dates pitted chopped
- 3 egg whites
- 1 cup flour all-purpose
- 1 pinch salt
- 0.5 cup walnut pieces chopped
- 1 cup granulated sugar white

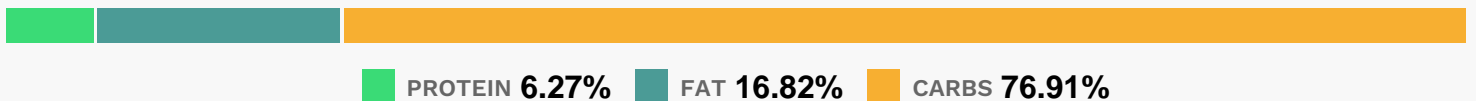
## Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9 inch square baking pan.
- Combine flour and baking powder and set aside. In a large, clean glass or metal bowl, whip egg whites and salt and until foamy. Gradually add sugar and continue to whip until stiff (but not dry). Gradually fold in dry ingredients then fold in dates and nuts.
- Spread evenly in prepared pan.
- Bake for 20–30 minutes or until firm to touch.
- Cool in pan until just cool enough to handle.
- Cut into finger-sized lengths and roll between palms to form logs.
- Roll each log in confectioners' sugar. Cool completely on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:17.17, Glycemic Load:13.56, Inflammation Score:-1, Nutrition Score:2.2439130562479%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 115.97kcal (5.8%), Fat: 2.25g (3.47%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 22.34g (8.12%), Sugar: 16.85g (18.73%), Cholesterol: 0mg (0%), Sodium: 22.7mg (0.99%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Manganese: 0.17mg (8.68%), Selenium: 3.76µg (5.37%), Vitamin B1: 0.07mg (4.58%), Folate: 17.13µg (4.28%), Vitamin B2: 0.07mg (3.96%), Copper: 0.08mg (3.75%), Fiber: 0.84g (3.36%), Iron: 0.5mg (2.75%), Vitamin B3: 0.52mg (2.6%), Phosphorus: 25.31mg (2.53%), Magnesium: 9.58mg (2.4%), Potassium: 65.92mg (1.88%), Vitamin B6: 0.03mg (1.49%), Calcium: 13.36mg (1.34%), Zinc: 0.17mg (1.12%)