



## Date Nut Pinwheel Cookies II

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



122 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 2 cups brown sugar packed
- 1 cup butter at room temperature ()
- 8 ounces dates pitted chopped
- 3 eggs
- 4.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup pecans finely chopped

- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup water
- 0.5 cup sugar white

## Equipment

- baking sheet
- sauce pan
- oven
- mixing bowl
- serrated knife

## Directions

- Cream the butter and brown sugar together in a mixing bowl until smooth.
- Add the eggs, one at a time, beating well after each addition. Stir in the vanilla. Sift the cinnamon, salt, baking soda, and flour together in a second mixing bowl. Slowly stir the flour mixture into the egg mixture until evenly blended.
- Divide the dough evenly into three portions and place each on a square of waxed paper. Wrap and refrigerate until firm, about 1 hour.
- Meanwhile, make the filling by combine the dates, pecans, water and white sugar in a saucepan set over low heat. Cook and stir until the filling has a paste-like consistency. Cool slightly.
- Working with one portion at a time, roll out the dough on a lightly floured surface to make a rectangle about 1/4 inch thick.
- Spread 1/3 of the filling evenly over the dough; roll up to make a log. Repeat the process with the remaining dough. Refrigerate until firm, about 1 hour.
- Preheat oven to 350 degrees F (180 degrees C). Lightly grease two baking sheets.
- Using a sharp, serrated knife, cut the rolls into 1/4 inch slices.
- Place the slices on prepared baking sheets.
- Bake in preheated oven until set and lightly browned, about 15 minutes. Cool on racks.

# Nutrition Facts

PROTEIN 4.95% FAT 33.81% CARBS 61.24%

## Properties

Glycemic Index:4.37, Glycemic Load:7.67, Inflammation Score:-1, Nutrition Score:2.4208695788098%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 122.17kcal (6.11%), Fat: 4.7g (7.23%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 18.4g (6.69%), Sugar: 11.29g (12.54%), Cholesterol: 16.32mg (5.44%), Sodium: 48.7mg (2.12%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 1.55g (3.09%), Manganese: 0.17mg (8.35%), Selenium: 4.17µg (5.96%), Vitamin B1: 0.09mg (5.91%), Folate: 19.5µg (4.87%), Vitamin B2: 0.06mg (3.7%), Iron: 0.61mg (3.41%), Vitamin B3: 0.63mg (3.17%), Fiber: 0.75g (2.99%), Copper: 0.05mg (2.44%), Phosphorus: 23.08mg (2.31%), Vitamin A: 107.92IU (2.16%), Magnesium: 6.93mg (1.73%), Potassium: 56.25mg (1.61%), Zinc: 0.19mg (1.29%), Calcium: 12.8mg (1.28%), Vitamin B5: 0.13mg (1.27%), Vitamin B6: 0.02mg (1.06%)