

Date-Nut Slices

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



93 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds
- 0.5 tsp ground cardamom
- 1 cup dates pitted
- 1 pinch salt
- 1 tbsp sesame seed toasted
- 0.5 cup soymilk
- 0.5 cup walnuts

Equipment

Directions

- Let the mixture cool almost to room temperature.
- Place the date mixture on a plastic sheet and form it into a long roll.
- Roll it in almond powder to get it coated.
- Place the roll in the freezer for an hour or more, then cut into 1/2 inch thick slices.
- Sprinkle sesame seeds on the slices if desired. (Supposedly you can store these in the freezer for a quick treat, but I wouldn't know; they were all gone pretty fast when I served them.)

Nutrition Facts

PROTEIN 8.39% **FAT 47.45%** **CARBS 44.16%**

Properties

Glycemic Index:12.95, Glycemic Load:4.5, Inflammation Score:-2, Nutrition Score:3.800869565943%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 92.66kcal (4.63%), Fat: 5.29g (8.13%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 9.24g (3.36%), Sugar: 8.27g (9.19%), Cholesterol: 0mg (0%), Sodium: 8.62mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Manganese: 0.31mg (15.42%), Copper: 0.18mg (8.82%), Fiber: 1.83g (7.32%), Vitamin E: 1.05mg (7.02%), Magnesium: 23.84mg (5.96%), Phosphorus: 43.66mg (4.37%), Vitamin B2: 0.07mg (4.17%), Potassium: 142mg (4.06%), Vitamin B6: 0.08mg (3.98%), Calcium: 38.97mg (3.9%), Vitamin B3: 0.68mg (3.38%), Folate: 12.29µg (3.07%), Iron: 0.55mg (3.04%), Vitamin B1: 0.04mg (2.75%), Zinc: 0.37mg (2.45%), Vitamin B12: 0.11µg (1.77%), Selenium: 1.21µg (1.73%), Vitamin B5: 0.11mg (1.14%), Vitamin C: 0.84mg (1.02%)