



Date Pinwheel Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



145 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 10 ounce dates chopped
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt divided
- ☐ 0.8 cup sugar divided

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 0.5 cup water

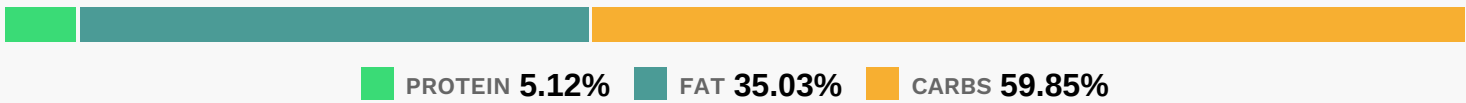
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Stir together dates, 1/4 cup sugar, 1/2 cup water, and 1/8 teaspoon salt in a saucepan; bring mixture to a boil over medium-high heat. Reduce heat; simmer 3 to 5 minutes.
- ☐ Remove from heat; stir in walnuts, and set aside.
- ☐ Beat remaining 1/2 cup sugar, softened butter, and brown sugar at medium speed with an electric mixer until light and fluffy.
- ☐ Add egg and vanilla, beating until blended. Gradually add remaining 1/8 teaspoon salt, flour, and baking soda, beating until blended. Cover and chill 1 hour.
- ☐ Turn dough out onto floured wax paper, and roll into an 18- x 12-inch rectangle.
- ☐ Spread date mixture evenly over dough, leaving a 1/2-inch border.
- ☐ Roll up dough jellyroll fashion, beginning at 1 long side. Wrap in wax paper, and chill 1 hour.
- ☐ Cut roll into 1/4-inch-thick slices; place on lightly greased baking sheets.
- ☐ Bake, in batches, at 375 for 12 to 14 minutes or until lightly browned. Cool cookies 2 to 3 minutes on baking sheets, and remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:7.24, Glycemic Load:11.44, Inflammation Score:-2, Nutrition Score:3.0008695446279%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 145.45kcal (7.27%), Fat: 5.88g (9.05%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 21.37g (7.77%), Sugar: 14.68g (16.31%), Cholesterol: 6.2mg (2.07%), Sodium: 68.26mg (2.97%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 1.93g (3.87%), Manganese: 0.22mg (10.9%), Vitamin B1: 0.08mg (5.65%), Selenium: 3.89µg (5.55%), Folate: 21.73µg (5.43%), Fiber: 1.24g (4.97%), Copper: 0.1mg (4.87%), Vitamin B2: 0.06mg (3.72%), Iron: 0.65mg (3.64%), Vitamin B3: 0.66mg (3.31%), Phosphorus: 32.67mg (3.27%), Magnesium: 12.75mg (3.19%), Vitamin A: 146.05IU (2.92%), Potassium: 97.07mg (2.77%), Vitamin B6: 0.04mg (2.24%), Zinc: 0.23mg (1.53%), Vitamin B5: 0.15mg (1.48%), Calcium: 14.06mg (1.41%), Vitamin E: 0.17mg (1.15%)