

BREAD

Date Rolls

4 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	72	\$0.13	88 kcal

Date Rolls might be a good recipe to expand your bread recipe box. This recipe makes 72 servings with 100 calories, 1g of protein, and 3g of fat each. For 13 cents per serving, this recipe covers 2% of your daily requirements of vitamins and minerals. 1 person has tried and liked this recipe.

Ingredients

☐ 1 teaspoon baking soda	☐ 1 cup packed brown sugar
☐ 1 pound dates, pitted and chopped	☐ 3 eggs
☐ 4 cups all-purpose flour	☐ 1 teaspoon salt
☐ 1 cup shortening	☐ 1 teaspoon vanilla extract
☐ 1 cup water	☐ ½ cup white sugar

EQUIPMENT Oven

Method

- 1 Cream together shortening, 1 cup white sugar and 1 cup of brown sugar.
- 2 Add eggs, vanilla and 1 tablespoon of water.
- 3 Sift flour, soda, and saltTWICE and add to sugar mixture. Divide dough into 2 or 3 parts.
- 4 Cook dates, 1/2 cup white sugar and 1 cup water over low heat, stirring constantly until it becomes a smooth paste.

- 5 Let cool.
- 6 Roll each section of dough into rectangles 1/4 - 1/2 inch thick.
- 7 Spread filling over rectangles and roll up like a jelly roll. Cover and chill dough until firm; 2 - 3 hours.
- 8 Preheat oven to 350 degrees F (180 degrees C). Slice dough 1/4 to 1/2 inch thick.
- 9 Bake for 10 to 12 minutes.

Nutrition per serving

88	1 g	3 g	14 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			0.7 g · 3% of daily needs
Sugar			8.4 g · 9% of daily needs
Sodium			51.5 mg · 2% of daily needs
Cholesterol			6.8 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/date-rolls-147689