



Date-Sugar Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



72 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup dates pitted chopped
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

☐ 0.3 cup cornmeal yellow

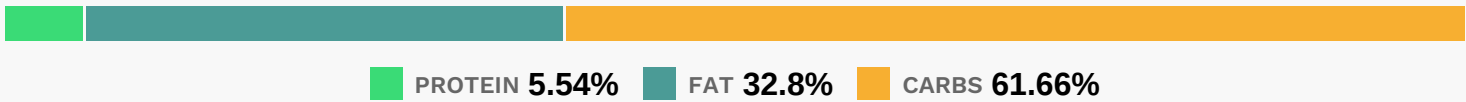
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Cream sugar and margarine at medium speed of a mixer until fluffy (about 3 minutes).
- ☐ Add vanilla and egg; beat well.
- ☐ Combine flour, cornmeal, and baking soda; stir.
- ☐ Add to creamed mixture; beat well. Stir in pecans and dates.
- ☐ Drop dough by level tablespoons onto baking sheets coated with cooking spray.
- ☐ Bake at 350 for 10 minutes; let cool on pans 2 minutes.
- ☐ Remove from pans; let cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:7.52, Inflammation Score:-1, Nutrition Score:1.4921739136233%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 72.35kcal (3.62%), Fat: 2.69g (4.13%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 10.85g (3.94%), Sugar: 6.13g (6.81%), Cholesterol: 5.46mg (1.82%), Sodium: 47.53mg (2.07%),

Alcohol: 0.05g (100%), Alcohol %: 0.32% (100%), Protein: 1.02g (2.04%), Manganese: 0.1mg (5.19%), Vitamin B1: 0.05mg (3.63%), Selenium: 2.42µg (3.46%), Folate: 11.27µg (2.82%), Vitamin B2: 0.04mg (2.24%), Fiber: 0.51g (2.05%), Iron: 0.36mg (1.98%), Vitamin B3: 0.38mg (1.89%), Phosphorus: 16.32mg (1.63%), Vitamin A: 76.43IU (1.53%), Copper: 0.03mg (1.51%), Magnesium: 4.98mg (1.25%), Zinc: 0.16mg (1.04%)