



Date Swirl Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



47 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apricot-flavored baby food
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 8 ounce dates chopped
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup stick margarine
- ☐ 0.3 cup water

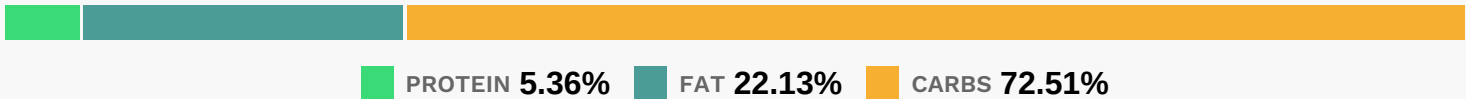
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ wax paper

Directions

- ☐ Combine dates and water in a medium saucepan. Cook over medium heat, stirring constantly, 5 minutes or until thickened.
- ☐ Remove from heat, and cool.
- ☐ Beat butter at medium speed of a mixer until light and fluffy; add sugar, and beat well.
- ☐ Add baby food and egg; beat well.
- ☐ Combine flour and next 3 ingredients; gradually add to butter mixture. Shape dough into a ball.
- ☐ Place dough on a lightly floured surface, and roll into an 18- x 8- inch rectangle.
- ☐ Spread Date Filling over dough, leaving a 1/2-inch margin on sides. Beginning at 1 long edge, roll up dough tightly, jelly-roll fashion; pinch seam to seal.
- ☐ Cut roll in half, and wrap rolls in wax paper; freeze 3 hours or chill 8 hours.
- ☐ Preheat oven to 35
- ☐ Unwrap rolls; cut each roll into 30 (3/8- inch) slices.
- ☐ Place slices on baking sheets coated with cooking spray.
- ☐ Bake at 350 for 13 minutes or just until lightly browned.

Nutrition Facts



Properties

Glycemic Index:4.34, Glycemic Load:3.66, Inflammation Score:-1, Nutrition Score:1.0517391167257%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 47.35kcal (2.37%), Fat: 1.2g (1.84%), Saturated Fat: 0.26g (1.59%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 8.41g (3.06%), Sugar: 5.14g (5.71%), Cholesterol: 3.1mg (1.03%), Sodium: 31.35mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Selenium: 1.82µg (2.6%), Vitamin B1: 0.04mg (2.36%), Manganese: 0.04mg (2.24%), Folate: 8.84µg (2.21%), Fiber: 0.43g (1.73%), Vitamin B2: 0.03mg (1.63%), Iron: 0.28mg (1.56%), Vitamin B3: 0.3mg (1.51%), Vitamin A: 64.4IU (1.29%), Phosphorus: 10.54mg (1.05%), Potassium: 36.47mg (1.04%)