



Easiest Cracker Cookies



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds finely chopped
- ☐ 1 cup dates pitted chopped
- ☐ 10 graham crackers crushed
- ☐ 0.5 cup honey
- ☐ 1 cup raisins

Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, mix together the graham cracker crumbs, raisins, dates and honey until well blended.
- ☐ Roll into 1 inch balls and roll the balls in chopped almonds.

Nutrition Facts



Properties

Glycemic Index:10.29, Glycemic Load:10.88, Inflammation Score:-1, Nutrition Score:2.1943478225528%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg 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, 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 98.61kcal (4.93%), Fat: 2.13g (3.27%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 18.76g (6.82%), Sugar: 11.15g (12.39%), Cholesterol: 0mg (0%), Sodium: 40.57mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Fiber: 1.49g (5.94%), Manganese: 0.11mg (5.3%), Vitamin E: 0.77mg (5.1%), Magnesium: 16.07mg (4.02%), Vitamin B2: 0.07mg (3.86%), Potassium: 125.86mg (3.6%), Phosphorus: 34.72mg (3.47%), Iron: 0.6mg (3.33%), Copper: 0.07mg (3.29%), Vitamin B3: 0.48mg (2.41%), Vitamin B1: 0.03mg (1.96%), Calcium: 17.13mg (1.71%), Zinc: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.65%), Folate: 5.48µg (1.37%)