

# Filled Date Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



115 kcal

DESSERT

## Ingredients

- 1 teaspoon almond extract
- 1 teaspoon baking soda
- 2 cups brown sugar packed
- 1 cup butter softened
- 2 cups dates pitted chopped
- 2 eggs
- 3.5 cups flour all-purpose
- 0.1 teaspoon ground cinnamon

- 1 teaspoon salt
- 0.5 cup cream fat free sour
- 0.5 cup walnut pieces chopped
- 0.8 cup water
- 0.8 cup granulated sugar white

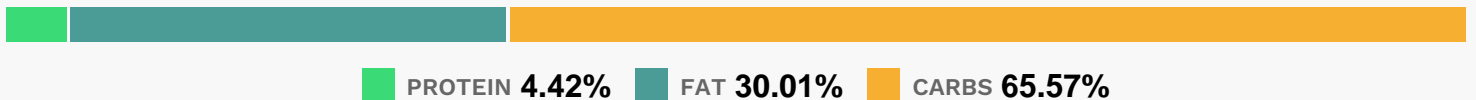
## Equipment

- bowl
- baking sheet
- oven

## Directions

- To prepare the filling, cook the dates, 3/4 cup of sugar and water over medium-high heat, stirring constantly, until thickened. Stir in the nuts, remove from the heat and set aside.
- Preheat oven to 400 degrees F (200 degrees C).
- In a medium bowl, cream together the butter and brown sugar. Stir in the eggs, sour cream and almond extract. Sift together the flour, salt, baking soda and cinnamon, stir into the creamed mixture. Drop a rounded teaspoon of dough onto an unprepared cookie sheet, place a scant teaspoon of the filling on top of it, then top with an additional 1/2 teaspoon of dough. Repeat with the rest of the dough.
- Bake for 10 to 12 minutes in the preheated oven, or until slightly browned.

## Nutrition Facts



## Properties

Glycemic Index:4.53, Glycemic Load:7.49, Inflammation Score:-1, Nutrition Score:1.96652173834%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 115.07kcal (5.75%), Fat: 3.94g (6.06%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 18.72g (6.81%), Sugar: 12.78g (14.2%), Cholesterol: 13.76mg (4.59%), Sodium: 88.61mg (3.85%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 1.31g (2.61%), Manganese: 0.1mg (5.1%), Selenium: 3.36µg (4.8%), Vitamin B1: 0.06mg (4.31%), Folate: 16.32µg (4.08%), Vitamin B2: 0.05mg (3.07%), Iron: 0.5mg (2.76%), Fiber: 0.66g (2.63%), Vitamin B3: 0.52mg (2.58%), Vitamin A: 108.05IU (2.16%), Copper: 0.04mg (2.08%), Phosphorus: 20.22mg (2.02%), Potassium: 59.58mg (1.7%), Magnesium: 6.4mg (1.6%), Calcium: 14.36mg (1.44%), Vitamin B6: 0.02mg (1.13%), Vitamin B5: 0.1mg (1.03%)