



Fruit 'n Nut Drops

 Vegetarian

READY IN



41 min.

SERVINGS



41

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp baking soda
- 1 cup firmly brown sugar packed
- 1 cup butter softened (2 sticks)
- 0.5 cup candied cherry halves
- 8 oz philadelphia cream cheese softened
- 1 cup dates chopped
- 1 eggs
- 2 cups flour

- 0.5 tsp salt
- 48 planters walnut halves
- 0.8 cup planters walnuts chopped

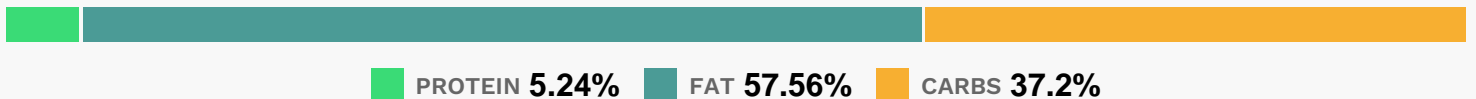
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Preheat oven to 375F. Beat cream cheese, butter and sugar in large bowl with electric mixer on medium speed until well blended.
- Add egg; mix well.
- Combine flour, baking soda and salt. Gradually add to cream cheese mixture, beating until well blended after each addition. Stir in dates, chopped walnuts and cherries.
- Drop rounded tablespoonfuls of dough, 2 inches apart, onto greased baking sheets. Top each with a walnut half.
- Bake 9 to 11 min. or until edges are lightly browned.
- Remove from baking sheets to wire racks. Cool completely.

Nutrition Facts



Properties

Glycemic Index:6.49, Glycemic Load:4.81, Inflammation Score:-2, Nutrition Score:2.7552173655966%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Quercetin: 0.07mg,

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Nutrients (% of daily need)

Calories: 143.66kcal (7.18%), Fat: 9.49g (14.61%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 13.02g (4.73%), Sugar: 8.04g (8.94%), Cholesterol: 21.48mg (7.16%), Sodium: 99.99mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Manganese: 0.21mg (10.48%), Selenium: 3.32µg (4.74%), Copper: 0.09mg (4.64%), Vitamin B1: 0.07mg (4.5%), Vitamin A: 220.78IU (4.42%), Folate: 17.52µg (4.38%), Vitamin B2: 0.06mg (3.49%), Phosphorus: 34.26mg (3.43%), Fiber: 0.79g (3.15%), Iron: 0.52mg (2.89%), Magnesium: 11.37mg (2.84%), Vitamin B3: 0.47mg (2.36%), Vitamin B6: 0.04mg (2.04%), Potassium: 70.8mg (2.02%), Calcium: 18.69mg (1.87%), Zinc: 0.24mg (1.61%), Vitamin E: 0.23mg (1.5%), Vitamin B5: 0.14mg (1.38%)