



J. J.'s Chewy Chews

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup dates pitted chopped
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 cup pecans finely chopped
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 teaspoon salt

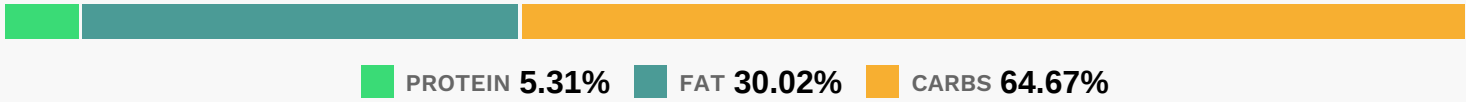
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ In a bowl, stir together granulated sugar, flour, salt, dates, and pecans.
- ☐ Beat eggs to blend, then add to sugar mixture and stir until well mixed.
- ☐ Spread cookie dough level in an oiled 8- or 9-inch square pan.
- ☐ Bake in a 350 oven just until very light brown on top, 16 to 18 minutes.
- ☐ Cool on a rack for 5 minutes.
- ☐ Cut into 36 squares. With a wide spatula, remove squares from pan; roll each into a ball, then coat with powdered sugar.
- ☐ Serve, or store airtight up to 1 day. Freeze to store longer.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:6.75, Inflammation Score:-1, Nutrition Score:1.59565217712%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 71.6kcal (3.58%), Fat: 2.5g (3.85%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 11.45g (4.16%), Sugar: 9.36g (10.4%), Cholesterol: 10.33mg (3.44%), Sodium: 20.31mg (0.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Manganese: 0.17mg (8.29%), Vitamin B1: 0.04mg (2.91%), Selenium: 2.01µg (2.88%), Fiber: 0.69g (2.75%), Copper: 0.05mg (2.55%), Vitamin B2: 0.03mg (1.97%),

Phosphorus: 19.23mg (1.92%), Folate: 7.51µg (1.88%), Iron: 0.29mg (1.62%), Magnesium: 6.33mg (1.58%), Zinc: 0.2mg (1.36%), Potassium: 45.96mg (1.31%), Vitamin B3: 0.24mg (1.22%), Vitamin B5: 0.1mg (1.04%)