

Lemon Glazed Date Sticks

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 tablespoon butter
- 1 cup powdered sugar
- 1 cup dates pitted chopped
- 1 eggs
- 0.5 cup flour all-purpose
- 1 teaspoon juice of lemon
- 0.5 teaspoon lemon zest

- 1 tablespoon milk
- 0.3 teaspoon salt
- 0.3 cup walnut pieces chopped
- 0.3 cup granulated sugar white

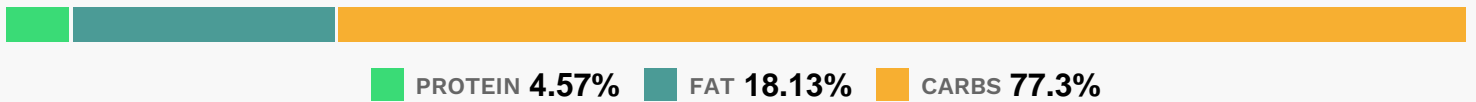
Equipment

- frying pan
- oven
- wire rack

Directions

- Sift the flour with baking powder and salt. Set aside.
- Beat egg and add sugar slowly. Blend in 1 tablespoon butter or margarine. Stir in dates and nuts. Gradually add flour mixture, mixing well.
- Pour into a greased 8x8 inch pan, spreading evenly.
- Bake at 325 degrees F (165 degrees C) for 25–30 minutes. Cool in pan on wire rack.
- Spread top with glaze and cut into 24 sticks.
- Combine 1 tablespoon milk, 1 tablespoon margarine, 1 cup confectioners' sugar, 1 teaspoon lemon juice, and 1/2 teaspoon grated lemon rind.
- Heat over low heat until well blended. Cool slightly before pouring over cookies.

Nutrition Facts



Properties

Glycemic Index:16.55, Glycemic Load:5.56, Inflammation Score:-1, Nutrition Score:1.2791304303252%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 72.16kcal (3.61%), Fat: 1.52g (2.34%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 13.94g (5.07%), Sugar: 11.63g (12.92%), Cholesterol: 8.15mg (2.72%), Sodium: 39.98mg (1.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Manganese: 0.08mg (3.82%), Fiber: 0.65g (2.59%), Selenium: 1.75µg (2.51%), Folate: 8.05µg (2.01%), Vitamin B1: 0.03mg (1.93%), Copper: 0.04mg (1.89%), Vitamin B2: 0.03mg (1.75%), Phosphorus: 17.08mg (1.71%), Potassium: 52.41mg (1.5%), Iron: 0.27mg (1.47%), Magnesium: 5.48mg (1.37%), Vitamin B3: 0.25mg (1.24%), Calcium: 10.97mg (1.1%), Vitamin B6: 0.02mg (1.07%)