



Sesame-Date Pinwheels

 Vegetarian

READY IN



45 min.

SERVINGS



70

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups firmly brown sugar packed
- ☐ 0.5 lb butter at room temperature
- ☐ 2 cups dates pitted chopped
- ☐ 2 large eggs
- ☐ 4 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup sesame seed toasted (see notes)

Equipment

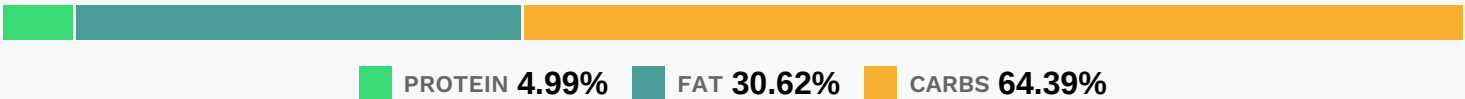
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ In a 2- to 3-quart pan over medium heat, bring dates, granulated sugar, and 3/4 cup water to a boil. Adjust heat to maintain a simmer and stir often until mixture is as thick as jam, 15 to 20 minutes. Stir in sesame seeds.
- ☐ Let cool completely.
- ☐ In a bowl, with an electric mixer on medium speed, beat butter and brown sugar until smooth; beat in eggs, scraping down sides of bowl as needed. In another bowl, mix flour, baking soda, and salt. Stir or beat into butter mixture until well blended.
- ☐ Divide dough into four equal portions.
- ☐ Roll one portion at a time between sheets of waxed paper or cooking parchment into a neat 6- by 8-inch rectangle. Pull off top piece of paper and dot dough with a fourth of the date filling, then gently spread to cover dough evenly, leaving a 1/2-inch strip bare along an 8-inch side. From the opposite 8-inch side, roll dough into a cylinder, pulling paper from dough as you roll. Wrap each cylinder airtight in waxed paper. Freeze until firm enough to slice neatly, about 1 1/4 hours.
- ☐ Unwrap dough. Using a thin, sharp knife, cut cylinders crosswise into 1/8-inch-thick slices (if chilled dough crumbles, let stand a few minutes to soften, then cut).
- ☐ Lay slices 1 inch apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets; if cookies flattened when cut, reshape with your fingers.
- ☐ Bake cookies in a 350 oven until slightly darker brown, 10 to 12 minutes; if baking more than one pan at a time, switch pan positions halfway through baking. With a wide spatula, transfer

cookies to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:6.97, Inflammation Score:-1, Nutrition Score:2.2617391291196%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 104.46kcal (5.22%), Fat: 3.65g (5.62%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 16.57g (6.03%), Sugar: 10.93g (12.14%), Cholesterol: 12.28mg (4.09%), Sodium: 49.47mg (2.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Selenium: 3.66µg (5.23%), Manganese: 0.1mg (5.19%), Vitamin B1: 0.07mg (4.78%), Copper: 0.09mg (4.43%), Folate: 16.26µg (4.06%), Iron: 0.68mg (3.78%), Vitamin B2: 0.05mg (2.94%), Fiber: 0.72g (2.87%), Vitamin B3: 0.56mg (2.78%), Calcium: 25.21mg (2.52%), Magnesium: 9.82mg (2.46%), Phosphorus: 24.28mg (2.43%), Vitamin A: 89.25IU (1.78%), Potassium: 53.87mg (1.54%), Zinc: 0.21mg (1.4%), Vitamin B6: 0.03mg (1.39%)