



## Stuffed Date Drops

READY IN



45 min.

SERVINGS



48

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 16 ounce dates pitted
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 0.5 cup cup heavy whipping cream sour

☐ 48 walnut halves

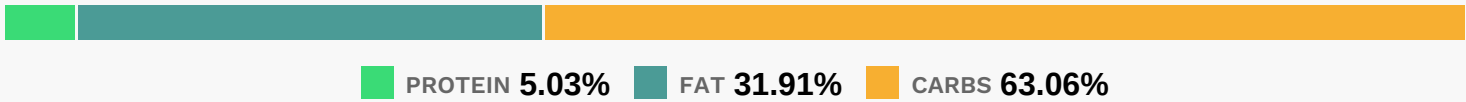
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Stuff dates with walnut halves.
- ☐ Beat shortening and brown sugar in a large bowl at medium speed with an electric mixer 5 minutes or until fluffy; add egg, beating until blended.
- ☐ Stir together flour and next 3 ingredients in a bowl; add to shortening mixture alternately with sour cream, beginning and ending with flour mixture.
- ☐ Add stuffed dates, stirring gently until coated.
- ☐ Place dates, 1 at a time, on lightly greased baking sheets.
- ☐ Bake dates at 375 for 10 to 13 minutes; remove to wire racks to cool.
- ☐ Spread Browned Butter Frosting evenly over each date.

Nutrition Facts



Properties

Glycemic Index:4.98, Glycemic Load:5.14, Inflammation Score:-1, Nutrition Score:1.7830434924235%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 80.36kcal (4.02%), Fat: 3g (4.62%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 12.38g (4.5%), Sugar: 9.47g (10.52%), Cholesterol: 5.29mg (1.76%), Sodium: 47.27mg (2.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Manganese: 0.12mg (5.9%), Fiber: 0.98g (3.91%),

Copper: 0.06mg (2.94%), Selenium: 1.94µg (2.76%), Folate: 10.38µg (2.6%), Vitamin B1: 0.04mg (2.56%), Potassium: 83.32mg (2.38%), Phosphorus: 22.14mg (2.21%), Magnesium: 8.64mg (2.16%), Vitamin B2: 0.03mg (2.01%), Iron: 0.36mg (2%), Vitamin B3: 0.34mg (1.71%), Calcium: 16.9mg (1.69%), Vitamin B6: 0.03mg (1.6%), Vitamin B5: 0.12mg (1.17%)