



Swedish Wedding Cakes

 Dairy Free

READY IN



35 min.

SERVINGS



24

CALORIES



114 kcal

DESSERT

Ingredients

- 2 cups rice cereal crispy
- 8 ounce dates pitted finely chopped
- 1 eggs beaten
- 0.3 cup butter
- 1 cup coconut or sweetened flaked
- 1 teaspoon vanilla extract
- 0.8 cup walnuts finely chopped
- 0.7 cup sugar white

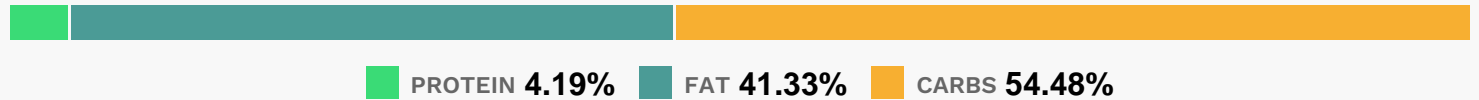
Equipment

- bowl
- sauce pan

Directions

- Combine the margarine, sugar, egg, and dates in a saucepan. Cook over medium heat until thick, about 7 to 10 minutes.
- Remove from heat; stir in vanilla.
- Combine the crispy rice cereal and the walnuts in a large bowl. Stir in the date mixture; mix well.
- Working quickly, form the cereal and date mixture into 1 inch balls.
- Roll balls in coconut. Store in an airtight container in a cool place. Do not refrigerate.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:7.22, Inflammation Score:-1, Nutrition Score:2.1047825657803%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 114.16kcal (5.71%), Fat: 5.52g (8.5%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 15g (5.46%), Sugar: 12.96g (14.4%), Cholesterol: 6.82mg (2.27%), Sodium: 35.41mg (1.54%), Alcohol: 0.06g (100%), Alcohol %: 0.26% (100%), Protein: 1.26g (2.52%), Manganese: 0.18mg (9.23%), Fiber: 1.37g (5.49%), Copper: 0.09mg (4.68%), Magnesium: 12.42mg (3.11%), Phosphorus: 28.07mg (2.81%), Potassium: 96.59mg (2.76%), Selenium: 1.79µg (2.56%), Folate: 8.77µg (2.19%), Vitamin B6: 0.04mg (1.98%), Vitamin A: 96.16IU (1.92%), Iron: 0.34mg (1.87%), Vitamin B1: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.58%), Zinc: 0.21mg (1.38%), Vitamin B3: 0.24mg (1.22%), Vitamin B5: 0.11mg (1.12%)