

WOODLAND[®] FOODS

D'ALLESANDRO
Gourmet Ingredients

manitou
TRADING COMPANY

WOODLAND
INGREDIENTS™

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DICED DATES



STORE IN A DRY, COOL PLACE.

Our dried Diced Dates are made from the Deglet variety, which has a firm, moist, chewy texture when dried, and a subtle, sweet flavor.

- Cut into 1/4-inch pieces
- Golden medium-brown in color
- Chewy, slightly firm texture
- Similar to Medjool dates, but often a more economical option

Nutrition Facts

servings per container	
Serving size about 1/4 cup (40g)	
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 33 g	12%
Dietary Fiber 2 g	7%
Total Sugars 26 g	
Includes 8 g Added Sugars	16%
Protein 0 g	
Vitamin D 0.0 mcg	0%
Calcium 12.8 mg	0%
Iron 1.2 mg	6%
Potassium 196.0 mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Dates, Dextrose.

BASIC PREP

Ready to use. No preparation necessary. To rehydrate, pour boiling water over fruit and let sit, covered, for 5 to 10 minutes. Drain well before using.

SUGGESTED USES

- Ideal for baked goods, such as breads, muffins, scones and cakes
- Adds a sweet counterpoint to salads, sauces and stuffings
- Can be stuffed with cheese, sausage or nuts as a sweet-savory appetizer
- Mix into granola or trail mix
- May be enjoyed right out of the bag as a healthy snack

RECIPE

Date Nut Bread

- 1 teaspoon baking soda
- 1 cup hot water
- 1 cup Diced Dates
- 1 egg, lightly beaten
- 2 cups unbleached all-purpose flour
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 2 tablespoons olive oil
- 1/2 cup toasted chopped walnuts

Preheat oven to 350°F. Butter and flour the interior of one 9- by 5-inch loaf pan; set aside.

Combine hot water and baking soda in a small bowl, and stir to dissolve. Add dates, and let sit 5 minutes to soften. Add egg, and stir. Whisk together flour, sugar and salt in a separate, medium-sized mixing bowl. Add date mixture, olive oil and walnuts, and stir just until no dry flour remains.

Pour batter into prepared pan. Bake for 1 hour, until bread is golden brown and a toothpick inserted into center comes out clean.

Makes 1 loaf

Classic and even slightly retro, this date nut bread is a deliciously simple way to showcase the natural sweet richness of dates. Serve it the traditional way, with a thick smear of cream cheese and a cup of dark coffee.

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*Nutritional information may vary due to growing conditions, seed stock and frequency of nutritional testing.