EMACS insert from subshell

I wanted to insert the current date and time at my cursor position.

The sequence of keystrokes in emacs to invoke a subshell command and get its output at your cursor position is this:

CTL+uALT+!

That allows you to pull output from a subshell command to the cursor position.

My Complete sequence of keystrokes

Today's date is: CTL+uALT+!date -u --rfc-3339=seconds

This is the result:

Today's date is: 2015-02-21 19:00:57+00:00