



## Cinnabun Cookies

 Vegetarian  Popular

READY IN



60 min.

SERVINGS



36

CALORIES



125 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup brown sugar
- 0.3 cup butter
- 0.5 cup butter shortening flavored
- 2 eggs
- 3 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 cup brown sugar light

- 1 teaspoon salt
- 1 tablespoon vanilla extract
- 0.5 cup sugar white

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- microwave

## Directions

- In a large bowl, cream together the 1/2 cup butter, shortening, light brown sugar and white sugar until smooth. Beat in the eggs one at a time then stir in the vanilla.
- Combine the 1 tablespoon cinnamon, flour, baking powder and salt; stir into the creamed mixture. Cover and refrigerate dough for at least 1 hour.
- Preheat the oven to 375 degrees F (190 degrees C). In a small microwave safe dish, heat the 1/2 cup brown sugar, 1/4 cup of butter and 2 teaspoons cinnamon in the microwave. Stir frequently until butter is melted and the mixture is well blended.
- On a lightly floured surface, roll out each half of the dough to a 12x6 inch rectangle.
- Spread 1/3 of the cinnamon mixture over each rectangle.
- Roll each one lengthwise into a log.
- Cut into 1 inch segments. Use remaining filling to place a small dollop of the mixture onto the cookie sheet where each cookie will be placed, About every 3 inches.
- Place 1 cookie onto each dollop with the cut side down.
- Bake for 8 to 10 minutes in the preheated oven. Flip cookie sheet over onto a tray to remove cookies while they are still very hot. If the cookies are stuck, heat the pan in the oven again for a few minutes to soften the cinnamon dollops.

## Nutrition Facts



■ PROTEIN 4.5% ■ FAT 32.04% ■ CARBS 63.46%

## Properties

Glycemic Index:8.11, Glycemic Load:7.75, Inflammation Score:-1, Nutrition Score:2.121739126175%

## Nutrients (% of daily need)

Calories: 124.84kcal (6.24%), Fat: 4.47g (6.88%), Saturated Fat: 1.62g (10.09%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 19.58g (7.12%), Sugar: 11.75g (13.06%), Cholesterol: 12.48mg (4.16%), Sodium: 104.72mg (4.55%), Alcohol: 0.12g (100%), Alcohol %: 0.52% (100%), Protein: 1.41g (2.83%), Selenium: 4.43µg (6.33%), Vitamin B1: 0.08mg (5.56%), Folate: 20.36µg (5.09%), Manganese: 0.1mg (4.91%), Vitamin B2: 0.06mg (3.77%), Iron: 0.63mg (3.5%), Vitamin B3: 0.63mg (3.15%), Calcium: 25.23mg (2.52%), Phosphorus: 21.8mg (2.18%), Vitamin E: 0.25mg (1.64%), Vitamin K: 1.7µg (1.62%), Fiber: 0.34g (1.36%), Vitamin B5: 0.12mg (1.17%), Copper: 0.02mg (1.1%), Vitamin A: 52.92IU (1.06%)