

Cinnamon Bars

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 tablespoons ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 1.5 cups walnuts chopped
- ☐ 1 cup sugar white

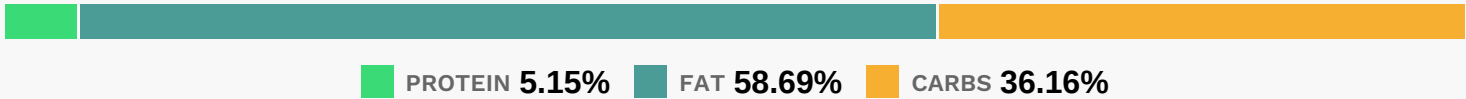
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F. Grease and flour a 16 x 11 x 1 inch pan.
- ☐ Cream butter or margarine and sugar. Separate egg, and set aside egg white.
- ☐ Add egg yolk and sifted dry ingredients.
- ☐ Pour batter into pan.
- ☐ Beat egg white until foamy and brush sparingly over batter (not all egg white will be used.)
- ☐ Sprinkle chopped nuts over top.
- ☐ Bake for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:4.59, Glycemic Load:5.84, Inflammation Score:-1, Nutrition Score:1.9630434603795%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 94.75kcal (4.74%), Fat: 6.37g (9.81%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 8.32g (3.02%), Sugar: 4.28g (4.75%), Cholesterol: 13.58mg (4.53%), Sodium: 80.4mg (3.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Manganese: 0.2mg (10.23%), Vitamin B1: 0.05mg (3.6%), Folate: 13.7µg (3.43%), Copper: 0.07mg (3.37%), Selenium: 2.31µg (3.29%), Vitamin A: 124.6IU (2.49%), Vitamin B2: 0.04mg (2.23%), Iron: 0.39mg (2.16%), Phosphorus: 21.39mg (2.14%), Fiber: 0.52g (2.07%), Magnesium: 7.28mg (1.82%), Vitamin B3: 0.35mg (1.77%), Vitamin B6: 0.02mg (1.2%), Zinc: 0.17mg (1.14%), Vitamin E: 0.15mg (1.03%)