



WHATSheATE



Cinnamon Chip Cookie Bark



Vegetarian

READY IN



30 min.

SERVINGS



18

CALORIES



100 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup cinnamon chips (more or less)
- ☐ 1 pinch cinnamon
- ☐ 2 large egg whites
- ☐ 0.5 cup tbsp flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon milk powder dry

- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ pizza cutter

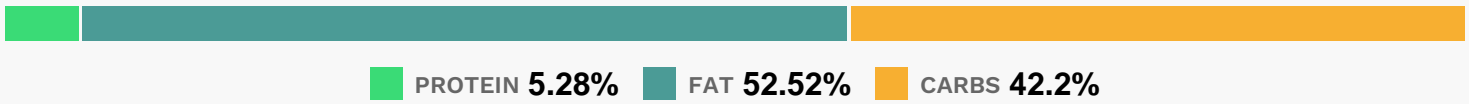
Directions

- ☐ Set the rack to the lower center part of the oven and preheat to 325 degrees F. Line a heavy duty 13×18 inch baking sheet with parchment paper or a Silpat. In a mixing bowl, vigorously whisk the egg whites until very foamy or beat them with a handheld mixer. Gradually whisk in the sugar, then whisk in the melted butter, oil and vanilla until smooth.
- ☐ Whisk in the salt, baking powder and cinnamon, then whisk in the nonfat milk powder and flour. Stir until smooth. Empty batter onto the lined cookie sheet and spread as thinly as possible using the back of a spoon or scraper. Scatter cinnamon chips and pecans over the top.
- ☐ Bake in the lower center of the oven for 20 minutes, checking at 17 minutes. Edges should be brown but not burnt.
- ☐ Remove from oven. With a pizza cutter or knife, immediately cut into pieces without separating (careful if you're using a Silpat!) – you want shards, similar to what you'd get if making peanut brittle. Cover loosely with a sheet of foil and return to the oven for another 8

minutes.

- ☐
- Let cool for 5 minutes on baking sheet, then carefully lift pieces and transfer to a wire rack to cool and crisp.If you are left with a few thick, chewy, pieces, return them to the oven and bake at 250 for 20 minutes, then re-cool. If your batter is thin enough the first time, you should not need the second bake.

Nutrition Facts



Properties

Glycemic Index:22.86, Glycemic Load:6.98, Inflammation Score:-1, Nutrition Score:1.9386956277101%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 99.8kcal (4.99%), Fat: 5.98g (9.2%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.13g (3.68%), Sugar: 5.88g (6.53%), Cholesterol: 5.42mg (1.81%), Sodium: 93.16mg (4.05%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 1.35g (2.7%), Manganese: 0.18mg (8.9%), Vitamin B1: 0.05mg (3.57%), Selenium: 2.18µg (3.12%), Fiber: 0.69g (2.74%), Vitamin B2: 0.05mg (2.72%), Phosphorus: 22.77mg (2.28%), Copper: 0.05mg (2.26%), Folate: 8.84µg (2.21%), Vitamin B3: 0.4mg (1.98%), Iron: 0.34mg (1.89%), Potassium: 56.81mg (1.62%), Magnesium: 6.45mg (1.61%), Vitamin K: 1.68µg (1.6%), Zinc: 0.2mg (1.34%), Vitamin A: 63.93IU (1.28%), Calcium: 11.31mg (1.13%), Vitamin E: 0.16mg (1.09%), Vitamin B6: 0.02mg (1.06%)