



Cinnamon Chocolate "Cigarettes"

READY IN



1500 min.

SERVINGS



24

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz bittersweet chocolate unsweetened finely chopped (not)
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.8 cup confectioners sugar
- ☐ 3 large egg whites
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter unsalted melted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ spatula
- ☐ offset spatula
- ☐ chopsticks

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk together all ingredients except chocolate until combined well. Working in batches of 4, drop 1 level teaspoon of batter for each cookie about 3 inches apart onto nonstick-pad-lined or buttered baking sheet, then spread each dollop of batter into a 3-inch round with offset spatula or back of a spoon.
- ☐ Bake cookies 1 sheet at a time in middle of oven until edges are golden, 6 to 8 minutes. Working quickly, lift 1 cookie off sheet with a long flexible spatula, then roll it around pencil or chopstick to form a narrow cylinder. Immediately slide "cigarette" off chopstick or pencil and transfer to a rack to cool. Make more "cigarettes" in same manner. (If cookies become too brittle to roll, return to oven for 1 minute to soften.)
- ☐ Melt chocolate in a double boiler or a metal bowl set over a saucepan of barely simmering water, stirring occasionally, then remove top of double boiler or bowl from heat.
- ☐ When cookies are cool, working with 1 cookie at a time, dip 1/4 inch of tip of 1 end into melted chocolate ("ash"), letting excess drip off, and place on a parchment- or wax-paper-lined baking sheet.
- ☐ Let stand at room temperature until chocolate sets.
- ☐ Cookies can be made 2 days ahead and kept in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:1.3513043328472%

Nutrients (% of daily need)

Calories: 76.23kcal (3.81%), Fat: 4.4g (6.77%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 7.8g (2.83%), Sugar: 5.44g (6.05%), Cholesterol: 7.06mg (2.35%), Sodium: 32.02mg (1.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.04g (2.07%), Manganese: 0.08mg (4.24%), Copper: 0.06mg (3.23%), Selenium: 2.16µg (3.08%), Iron: 0.43mg (2.38%), Magnesium: 9.42mg (2.35%), Vitamin B2: 0.04mg (2.06%), Fiber: 0.46g (1.84%), Phosphorus: 16.49mg (1.65%), Vitamin A: 81.21IU (1.62%), Vitamin B1: 0.02mg (1.49%), Folate: 5.03µg (1.26%), Potassium: 37.23mg (1.06%)