



## Cinnamon Cocoa Drops

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup almonds chopped
- 1 teaspoon cocoa
- 2 egg whites
- 1 tablespoon ground cinnamon
- 0.5 cup sugar white

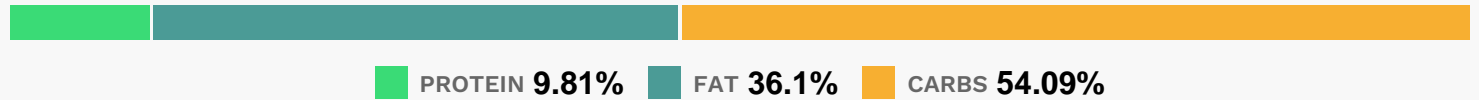
### Equipment

- baking sheet
- oven

## Directions

- Set oven to 300 degrees F (150 degrees C). Grease cookie sheets.
- Whip egg whites until stiff.
- Add almonds, cocoa, cinnamon and sugar and stir to just blend.
- Drop by spoonfuls on cookie sheets and bake for 20 minutes, or until dry.

## Nutrition Facts



## Properties

Glycemic Index:2.84, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:0.9856521880821%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 28.41kcal (1.42%), Fat: 1.21g (1.86%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.63g (1.32%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 3.41mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Manganese: 0.1mg (5.13%), Vitamin E: 0.62mg (4.11%), Vitamin B2: 0.04mg (2.16%), Fiber: 0.45g (1.81%), Magnesium: 6.98mg (1.75%), Copper: 0.03mg (1.37%), Phosphorus: 12.18mg (1.22%)