



## Cinnamon Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



46 kcal

DESSERT

## Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup cornstarch
- ☐ 2 large egg whites
- ☐ 2 teaspoons milk fat-free
- ☐ 6.8 ounces flour all-purpose

- ☐ 6 tablespoons granulated sugar
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons brown sugar light
- ☐ 0.7 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract

## Equipment

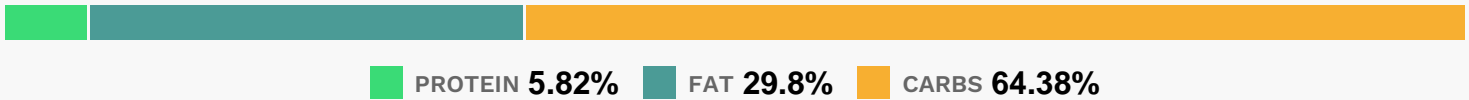
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 37
- ☐ Place first 4 ingredients in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add egg whites, 1 at a time, beating well after each addition.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine the flour and next 5 ingredients (flour through 1/4 teaspoon cinnamon), stirring well with a whisk.
- ☐ Add to butter mixture; beat well. Divide dough into 4 equal portions.

- ☐ Roll each portion to a 1/8-inch thickness between 2 sheets of plastic wrap. Freeze dough 20 minutes or until plastic wrap can be easily removed.
- ☐ Working with 1 portion of dough at a time (keep remaining dough in freezer), remove top sheet of plastic wrap.
- ☐ Cut dough with a 2-inch round cookie cutter; place cookies on baking sheets. Discard bottom sheet of plastic wrap. Repeat procedure with remaining dough.
- ☐ Bake at 375 for 8 minutes or until lightly browned.
- ☐ Remove from baking sheet; cool on a wire rack.
- ☐ Combine powdered sugar, milk, and 1/8 teaspoon cinnamon; drizzle mixture over cookies.
- ☐ Sprinkle with almonds.

## Nutrition Facts



## Properties

Glycemic Index:7.09, Glycemic Load:3.27, Inflammation Score:-1, Nutrition Score:0.83217391744256%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

## Nutrients (% of daily need)

Calories: 46.25kcal (2.31%), Fat: 1.53g (2.36%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 7.28g (2.65%), Sugar: 3.68g (4.09%), Cholesterol: 3.4mg (1.13%), Sodium: 35.08mg (1.53%), Alcohol: 0.06g (100%), Alcohol %: 0.6% (100%), Protein: 0.67g (1.35%), Selenium: 1.71µg (2.44%), Vitamin B1: 0.03mg (2.16%), Manganese: 0.04mg (2.04%), Folate: 7.59µg (1.9%), Vitamin B2: 0.03mg (1.89%), Vitamin B3: 0.25mg (1.27%), Iron: 0.22mg (1.2%)