



Cinnamon Logs

READY IN



45 min.

SERVINGS



18

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 8 ounce cream cheese softened
- ☐ 1 egg white
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 cup powdered sugar
- ☐ 1 cup sugar
- ☐ 16 ounce bread white thinly sliced

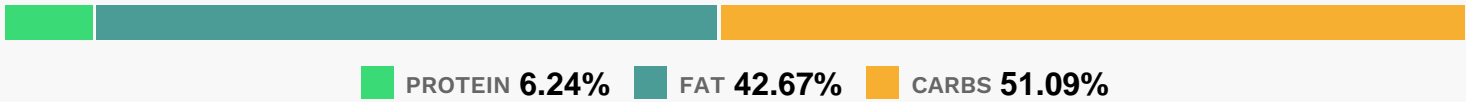
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Trim crusts from bread slices.
- ☐ Roll slices to 1/4-inch thickness.
- ☐ Beat cream cheese, egg white, and powdered sugar at medium speed with an electric mixer until smooth.
- ☐ Spread evenly on 1 side of each bread slice.
- ☐ Roll up, forming logs.
- ☐ Stir together granulated sugar and cinnamon in a shallow dish. Dip logs in melted butter, and roll in sugar mixture.
- ☐ Place on lightly greased baking sheets.
- ☐ Bake logs at 350 for 15 minutes.
- ☐ Remove to wire racks to cool.
- ☐ Note: We used Pepperidge Farm very thin sliced white bread.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:16.79, Inflammation Score:-4, Nutrition Score:4.0304347966676%

Nutrients (% of daily need)

Calories: 215.18kcal (10.76%), Fat: 10.36g (15.94%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 27.1g (9.85%), Sugar: 16.19g (17.99%), Cholesterol: 12.73mg (4.24%), Sodium: 222.22mg (9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Manganese: 0.23mg (11.45%), Selenium: 7.36µg (10.52%), Vitamin B1: 0.13mg (8.76%), Vitamin A: 396.33IU (7.93%), Folate: 29.26µg (7.32%), Calcium: 72mg (7.2%), Vitamin B3: 1.22mg (6.1%), Vitamin B2: 0.1mg (6%), Iron: 0.91mg (5.04%), Phosphorus: 43.94mg (4.39%), Fiber: 0.82g (3.26%), Vitamin E: 0.37mg (2.46%), Vitamin B5: 0.22mg (2.17%), Magnesium: 8.58mg (2.14%), Zinc: 0.29mg (1.97%), Copper: 0.04mg (1.82%), Vitamin B6: 0.03mg (1.58%), Potassium: 53.68mg (1.53%)