



## Cinnamon Nuggets

READY IN



20 min.

SERVINGS



10

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1 teaspoon ground cinnamon
- ☐ 10 servings reserved pizza dough from pizza pot pie refrigerated italian-style
- ☐ 2 teaspoons sugar

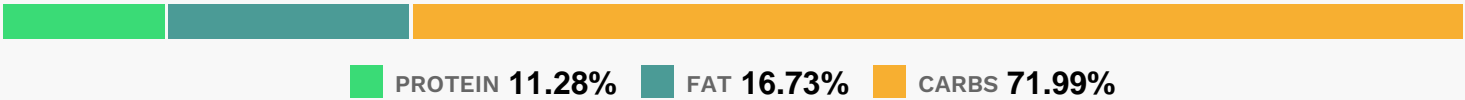
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat oven to 40
- ☐ Cut dough into 1 1/2- x 2-inch pieces; place on a lightly greased baking sheet.
- ☐ Brush tops with butter.
- ☐ Combine sugar and cinnamon in a small bowl.
- ☐ Sprinkle dough pieces with cinnamon-sugar mixture.
- ☐ Bake at 400 for 10 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:12.51, Glycemic Load:0.56, Inflammation Score:0, Nutrition Score:0.69478258757812%

## Nutrients (% of daily need)

Calories: 153.83kcal (7.69%), Fat: 2.91g (4.47%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 28.15g (9.38%), Net Carbohydrates: 27.19g (9.89%), Sugar: 4.34g (4.82%), Cholesterol: 3.01mg (1%), Sodium: 421.14mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Iron: 1.56mg (8.65%), Fiber: 0.96g (3.84%), Manganese: 0.04mg (1.75%)