



Cinnamon Pastry Shells

READY IN



45 min.

SERVINGS



24

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter softened
- 3 ounce cream cheese softened
- 1 cup flour all-purpose
- 0.8 teaspoon ground cinnamon

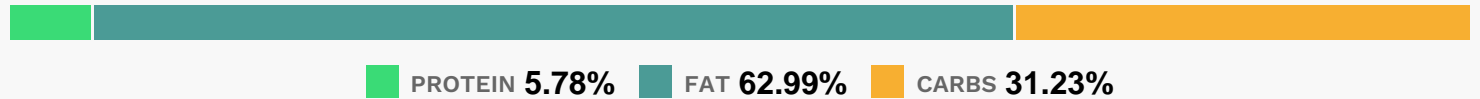
Equipment

- hand mixer
- wax paper

Directions

- Beat cream cheese and butter at medium speed of an electric mixer until creamy. Gradually add flour and cinnamon, beating at low speed just until ingredients are blended. Wrap dough in wax paper, and chill 2 hours.
- Divide dough in half. Divide each half of dough into 12 balls.
- Place in lightly greased miniature (1 3/4-inch) muffin pans, shaping each into a shell.

Nutrition Facts



Properties

Glycemic Index:4.46, Glycemic Load:2.93, Inflammation Score:-1, Nutrition Score:1.064782600121%

Nutrients (% of daily need)

Calories: 54.18kcal (2.71%), Fat: 3.81g (5.86%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 4.07g (1.48%), Sugar: 0.15g (0.17%), Cholesterol: 3.58mg (1.19%), Sodium: 40.97mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin A: 160.55IU (3.21%), Selenium: 2.07µg (2.96%), Vitamin B1: 0.04mg (2.8%), Folate: 9.89µg (2.47%), Manganese: 0.05mg (2.34%), Vitamin B2: 0.04mg (2.06%), Vitamin B3: 0.31mg (1.56%), Iron: 0.25mg (1.39%), Phosphorus: 10.18mg (1.02%)