



Cinnamon Snowballs (with Cake Flour and Corn Flakes, Wow!)

READY IN



35 min.

SERVINGS



32

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz butter – i used (2 sticks)
- ☐ 2 cups cake flour sifted (7.5 oz/210 grams)
- ☐ 1 teaspoon cinnamon
- ☐ 32 servings powdered sugar and extra cinnamon for sprinkling
- ☐ 2 cups cornflakes crushed
- ☐ 64 grams granulated sugar
- ☐ 0.8 tsp added salt
- ☐ 1 cup pecans toasted chopped (or walnuts)

☐ 2 teaspoons vanilla

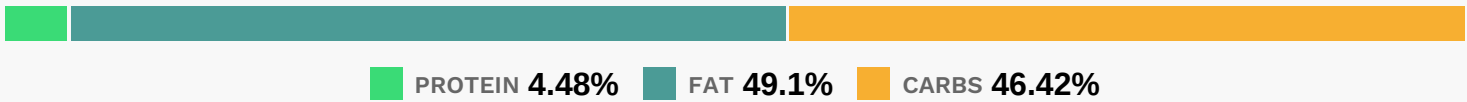
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Line two cookie sheets with parchment paper. Cream the butter, sugar, vanilla and cinnamon with an electric mixer. Stir in the cake flour followed by the cornflakes and nuts. Shape dough into small (3/4 inch) balls. Arrange on cookie sheets (these don't spread much) and bake for 20 to 25 minutes. Cool slightly and remove from pan.
- ☐ Roll in powdered sugar while warm.
- ☐ Sprinkle with some extra cinnamon if you feel like it. Yield will vary, but you should get between 32 and 40 cookies

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:5.12, Inflammation Score:-2, Nutrition Score:2.427826081929%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 149.56kcal (7.48%), Fat: 8.34g (12.82%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 17.2g (6.25%), Sugar: 10.16g (11.28%), Cholesterol: 15.24mg (5.08%), Sodium: 58.79mg (2.56%), Alcohol: 0.09g (100%), Alcohol %: 0.35% (100%), Protein: 1.71g (3.42%), Manganese: 0.2mg (10.16%), Selenium: 3.56µg (5.09%), Vitamin A: 209.44IU (4.19%), Iron: 0.7mg (3.87%), Copper: 0.08mg (3.87%), Folate: 12.73µg (3.18%), Vitamin B1: 0.04mg (2.85%), Vitamin B6: 0.05mg (2.74%), Vitamin B2: 0.04mg (2.45%), Phosphorus: 24.16mg (2.42%), Vitamin B3: 0.45mg (2.26%), Magnesium: 8.82mg (2.2%), Fiber: 0.53g (2.12%), Vitamin B12: 0.1µg (1.66%),

Vitamin E: 0.24mg (1.57%), Zinc: 0.21mg (1.39%)