

Cinnamon Sugar Crisps

 Dairy Free

READY IN



15 min.

SERVINGS



32

CALORIES



18 kcal

DESSERT

Ingredients

- 3 tablespoons cinnamon sugar
- 1.5 tablespoons butter melted
- 96 5-inch wonton wrappers

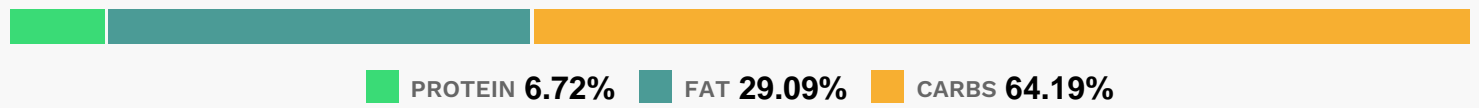
Equipment

- baking sheet
- oven

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Lay the wonton wrappers out flat on a baking sheet.
- Brush evenly with melted margarine.
- Sprinkle 1/4 teaspoon of cinnamon sugar over the top of each one.
- Bake for 5 minutes in the preheated oven, or until crisp.
- Remove from baking sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:2.19, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:0.34173912725047%

Nutrients (% of daily need)

Calories: 17.78kcal (0.89%), Fat: 0.58g (0.89%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.12g (1.25%), Cholesterol: 0.27mg (0.09%), Sodium: 23.36mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Selenium: 0.85µg (1.22%), Vitamin B1: 0.02mg (1.04%)