



Cinnamon Sugar Crisps

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 8 teaspoons cinnamon sugar
- ☐ 1.5 tablespoons butter melted
- ☐ 32 won ton wrappers

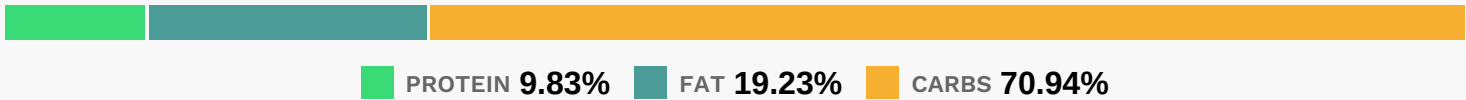
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Arrange wrappers on baking sheets, and brush evenly with margarine.
- ☐ Sprinkle each wrapper with 1/4 teaspoon cinnamon sugar.
- ☐ Bake at 400 for 5 minutes or until crisp. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:2.79, Inflammation Score:-2, Nutrition Score:3.2317391336774%

Nutrients (% of daily need)

Calories: 121.57kcal (6.08%), Fat: 2.58g (3.96%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 20.84g (7.58%), Sugar: 3.99g (4.44%), Cholesterol: 2.7mg (0.9%), Sodium: 196.39mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.93%), Selenium: 8.48µg (12.12%), Vitamin B1: 0.16mg (10.4%), Manganese: 0.19mg (9.58%), Vitamin B3: 1.63mg (8.14%), Vitamin B2: 0.12mg (6.77%), Folate: 25.83µg (6.46%), Iron: 1.01mg (5.61%), Phosphorus: 24.9mg (2.49%), Copper: 0.04mg (2.22%), Fiber: 0.54g (2.16%), Vitamin A: 98.1IU (1.96%), Magnesium: 6.08mg (1.52%), Calcium: 14.93mg (1.49%), Zinc: 0.21mg (1.42%)