

Cinnamon swirls

 Vegetarian

READY IN



60 min.

SERVINGS



20

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 175 g butter softened
- ☐ 50 g brown sugar
- ☐ 50 g powdered sugar
- ☐ 2 egg yolk
- ☐ 2 tsp vanilla extract
- ☐ 300 g flour plain
- ☐ 2 tbsp little demerara sugar
- ☐ 2 tsp cinnamon

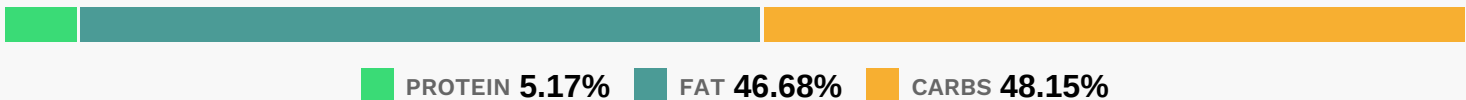
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon
- ☐ rolling pin

Directions

- ☐ Mix the butter, caster and icing sugar, egg yolks and vanilla with a wooden spoon until creamy, then mix in the flour in 2 batches.
- ☐ Roll out to a 20 x 30cm rectangle on a sheet of baking parchment.
- ☐ Mix the demerara sugar with the cinnamon, sprinkle all over the dough, then gently roll over a rolling pin again to press the sugar in a little.
- ☐ Roll up from one of the 20cm sides using the parchment to help, wrap in the parchment and chill for 30 mins, or up to a day.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Thinly slice into about 20 biscuits, scatter with a pinch more sugar, then bake on baking sheets for 10-12 mins until golden.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:8.29, Inflammation Score:-2, Nutrition Score:2.9213043429443%

Nutrients (% of daily need)

Calories: 149kcal (7.45%), Fat: 7.72g (11.88%), Saturated Fat: 4.69g (29.33%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 17.38g (6.32%), Sugar: 6.17g (6.86%), Cholesterol: 38.25mg (12.75%), Sodium: 58.28mg (2.53%), Alcohol: 0.14g (100%), Alcohol %: 0.56% (100%), Protein: 1.92g (3.85%), Selenium: 6.23µg (8.91%), Vitamin B1: 0.12mg (8.1%), Manganese: 0.15mg (7.6%), Folate: 30.38µg (7.6%), Vitamin B2: 0.09mg (5.15%), Vitamin A: 245.39IU (4.91%), Vitamin B3: 0.9mg (4.49%), Iron: 0.79mg (4.4%), Phosphorus: 25.62mg (2.56%), Fiber: 0.54g (2.17%), Vitamin E: 0.26mg (1.76%), Vitamin B5: 0.13mg (1.34%), Copper: 0.03mg (1.28%), Calcium: 11.57mg (1.16%), Zinc: 0.16mg (1.07%), Magnesium: 4.02mg (1.01%)