



Cinnamon Tea Cakes

 Vegetarian

READY IN



60 min.

SERVINGS



54

CALORIES



69 kcal

DESSERT

Ingredients

- ☐ 0.5 cup powdered sugar
- ☐ 1 cup butter softened
- ☐ 1 teaspoon vanilla
- ☐ 2 cups flour all-purpose
- ☐ 1 cup walnuts finely chopped
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar

☐ 1 teaspoon cinnamon

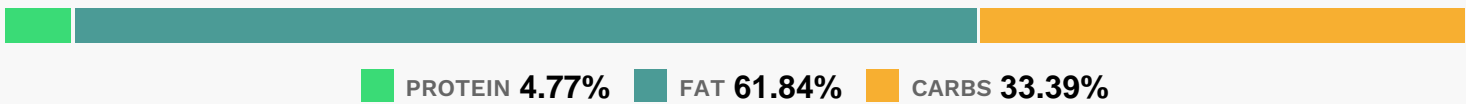
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 325°F. In large bowl, combine powdered sugar, butter and vanilla; beat until light and fluffy.
- ☐ Add flour, walnuts, 1/2 teaspoon cinnamon and salt; mix well.
- ☐ Shape dough into 1-inch balls.
- ☐ Place 1 inch apart on ungreased cookie sheets.
- ☐ Bake at 325°F. for 14 to 16 minutes or until set but not brown. Immediately remove from cookie sheets. Cool 3 minutes or until slightly cooled.
- ☐ Meanwhile, in small bowl, mix coating ingredients.
- ☐ Roll warm cookies in coating. Cool 15 minutes or until completely cooled. Re-roll cookies in coating.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:3.23, Inflammation Score:-1, Nutrition Score:1.3234782698362%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

Nutrients (% of daily need)

Calories: 69.4kcal (3.47%), Fat: 4.87g (7.49%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 5.62g (2.04%), Sugar: 2.09g (2.33%), Cholesterol: 9.04mg (3.01%), Sodium: 32.59mg (1.42%), Alcohol: 0.03g (100%), Alcohol %: 0.25% (100%), Protein: 0.85g (1.69%), Manganese: 0.12mg (5.78%), Vitamin B1: 0.04mg (2.93%), Folate: 10.73µg (2.68%), Selenium: 1.73µg (2.47%), Vitamin A: 105.65IU (2.11%), Copper: 0.04mg

(2.08%), Vitamin B2: 0.03mg (1.65%), Iron: 0.28mg (1.58%), Vitamin B3: 0.3mg (1.5%), Phosphorus: 13.55mg (1.35%),
Fiber: 0.3g (1.2%), Magnesium: 4.57mg (1.14%)