



Cinnamon Toast "Blinis"

READY IN



35 min.

SERVINGS



18

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 1 egg yolk
- 1 tsp ground cinnamon
- 0.5 cup sugar divided
- 0.3 tsp vanilla
- 12 slices bread white

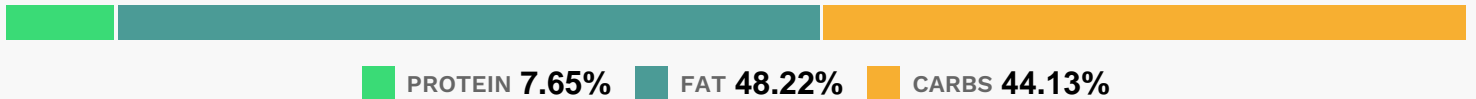
Equipment

- bowl
- baking sheet
- oven
- whisk
- rolling pin

Directions

- Heat oven to 400F.
- Beat cream cheese, 1/4 cup sugar, egg yolk and vanilla with whisk until blended.
- Mix remaining sugar and cinnamon in separate bowl.
- Flatten bread slices with rolling pin to 1/8-inch thickness.
- Spread each with 1 rounded Tbsp. cream cheese mixture; roll up tightly, starting at one short side.
- Brush with butter; roll in cinnamon sugar.
- Cut each roll into 3 pieces; place, seam sides down, on baking sheet.
- Bake 12 to 15 min. or until edges are lightly browned.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:9.91, Inflammation Score:-2, Nutrition Score:2.8343478354585%

Nutrients (% of daily need)

Calories: 131.01kcal (6.55%), Fat: 7.1g (10.92%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 14.15g (5.15%), Sugar: 6.92g (7.69%), Cholesterol: 23.53mg (7.84%), Sodium: 141.62mg (6.16%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 2.53g (5.06%), Selenium: 5.55µg (7.93%), Manganese: 0.13mg (6.31%), Vitamin B1: 0.09mg (5.96%), Vitamin A: 267.69IU (5.35%), Folate: 21.13µg (5.28%), Calcium: 50.89mg (5.09%), Vitamin B2: 0.08mg (4.49%), Vitamin B3: 0.81mg (4.04%), Phosphorus: 36.85mg (3.68%), Iron: 0.62mg (3.42%), Vitamin B5: 0.19mg (1.94%), Fiber: 0.46g (1.84%), Vitamin E: 0.25mg (1.64%), Zinc: 0.24mg (1.57%), Magnesium: 5.85mg (1.46%), Vitamin B6: 0.03mg (1.32%), Copper: 0.02mg (1.23%), Potassium: 39.02mg (1.11%)