



Cinnamon Wafer Cookies

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



1078 kcal

DESSERT

Ingredients

- ☐ 0.5 stick butter melted
- ☐ 0.5 teaspoon cinnamon
- ☐ 3 egg whites beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 pinch nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract

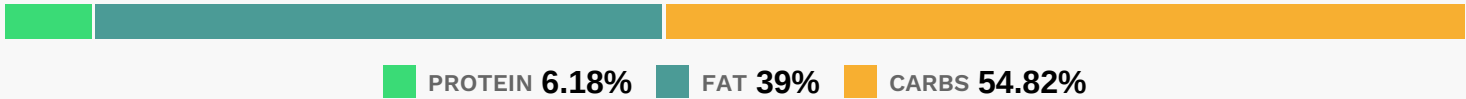
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Lightly grease a 9- by 13-inch cookie sheet.
- ☐ In a bowl, mix all the dry ingredients together.
- ☐ Add the wet ingredients to the dry ingredient mixture.
- ☐ Spread the mixture thinly and evenly on the prepared cookie sheet.
- ☐ Bake until golden brown, 8 to 10 minutes.
- ☐ Let cool. Break into shards. Use as garnish for Pumpkin Milk Shakes.

Nutrition Facts



Properties

Glycemic Index:270.09, Glycemic Load:104.55, Inflammation Score:-8, Nutrition Score:14.524782666046%

Nutrients (% of daily need)

Calories: 1077.89kcal (53.89%), Fat: 47.28g (72.74%), Saturated Fat: 29.4g (183.76%), Carbohydrates: 149.54g (49.85%), Net Carbohydrates: 147.11g (53.49%), Sugar: 101.2g (112.45%), Cholesterol: 121.47mg (40.49%), Sodium: 1678.13mg (72.96%), Alcohol: 0.69g (100%), Alcohol %: 0.28% (100%), Protein: 16.85g (33.69%), Selenium: 40.4µg (57.72%), Vitamin B2: 0.74mg (43.82%), Vitamin B1: 0.5mg (33.4%), Manganese: 0.65mg (32.57%), Folate: 120.49µg (30.12%), Vitamin A: 1415.91IU (28.32%), Vitamin B3: 3.84mg (19.22%), Iron: 3.16mg (17.55%), Phosphorus: 97.45mg (9.74%), Fiber: 2.43g (9.71%), Vitamin E: 1.37mg (9.14%), Magnesium: 27.48mg (6.87%), Potassium: 240.15mg (6.86%), Copper: 0.13mg (6.68%), Vitamin B5: 0.51mg (5.11%), Calcium: 43.03mg (4.3%), Vitamin K: 4.45µg (4.24%), Zinc: 0.57mg (3.8%), Vitamin B12: 0.18µg (2.95%), Vitamin B6: 0.04mg (1.87%)