



Cinnamon Waffle Crisps

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



52 kcal

DESSERT

Ingredients

- 0.3 teaspoon ground cinnamon
- 2 waffles frozen reduced-fat
- 1 tablespoon sugar

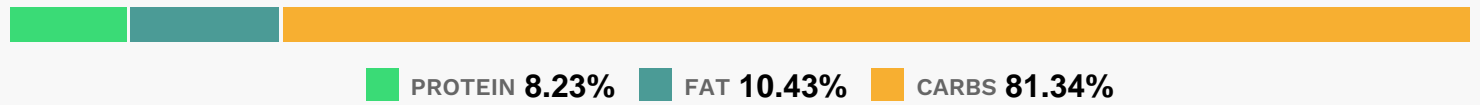
Equipment

- baking sheet
- oven

Directions

- Combine 1 tablespoon sugar and 1/4 teaspoon ground cinnamon, stirring well.
- Coat 2 frozen waffles with butter-flavored cooking spray, and sprinkle each with 1/2 tablespoon sugar mixture.
- Place on a baking sheet; bake at 450 for 5 to 7 minutes or until crisp.
- Cut each waffle into 4 wedges.
- Serve with frozen yogurt, if desired.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:2.1, Inflammation Score:-2, Nutrition Score:2.4560869709467%

Nutrients (% of daily need)

Calories: 51.93kcal (2.6%), Fat: 0.62g (0.96%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 10.65g (3.87%), Sugar: 3.78g (4.2%), Cholesterol: 4.03mg (1.34%), Sodium: 68.82mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Calcium: 67.43mg (6.74%), Iron: 1.13mg (6.29%), Vitamin B2: 0.09mg (5.08%), Vitamin B1: 0.08mg (5.02%), Vitamin A: 250.44IU (5.01%), Phosphorus: 50.13mg (5.01%), Vitamin B3: 1mg (5%), Vitamin B6: 0.1mg (5%), Vitamin B12: 0.3µg (4.96%), Folate: 16.11µg (4.03%), Fiber: 0.29g (1.18%), Manganese: 0.02mg (1.1%)