



Flaky Cinnamon Cookies



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



86 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup ground cinnamon
- ☐ 17.5 ounce puff pastry frozen thawed

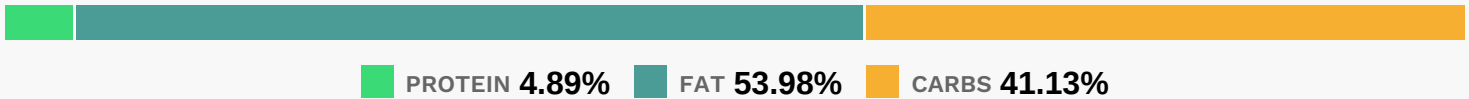
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a small bowl, mix together the cinnamon and sugar. Flatten out each pastry sheet, sprinkle sugar mixture evenly over the surface.
- ☐ Roll up the sheet the long way, and slice into about 15 slices.
- ☐ Place on a cookie sheet and bake for 15 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:3.39, Inflammation Score:-1, Nutrition Score:2.2317391481736%

Nutrients (% of daily need)

Calories: 85.8kcal (4.29%), Fat: 5.27g (8.11%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 7.96g (2.89%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 34.91mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Manganese: 0.36mg (17.76%), Selenium: 3.4µg (4.86%), Fiber: 1.08g (4.32%), Vitamin B1: 0.06mg (3.68%), Vitamin B3: 0.6mg (2.99%), Iron: 0.5mg (2.78%), Folate: 10.86µg (2.72%), Vitamin K: 2.73µg (2.6%), Vitamin B2: 0.04mg (2.33%), Calcium: 19.11mg (1.91%), Copper: 0.02mg (1.1%)