



Lighter Snickerdoodles

 Vegetarian

READY IN



110 min.

SERVINGS



48

CALORIES



46 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter
- ☐ 2 teaspoons cream of tartar
- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 2.8 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 4 ounces lowfat cream cheese

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar white

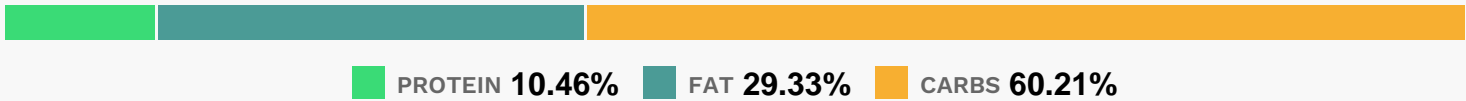
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, cream together the butter, 1 1/2 cups of white sugar, and cream cheese. Beat in the egg and egg whites until smooth. Sift together the flour, cream of tartar, baking soda, and salt; stir into the creamed mixture. Cover, and refrigerate dough for at least 1 hour.
- ☐ Preheat oven to 400 degrees F (200 degrees C). In a small dish, mix together the remaining white sugar and the cinnamon.
- ☐ Roll the dough into walnut sized balls, and roll the balls in the cinnamon and sugar mixture.
- ☐ Place the balls at least 2 inches apart on cookie sheets, and flatten slightly.
- ☐ Bake for 8 to 10 minutes in the preheated oven.
- ☐ Remove from cookie sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:4.68, Inflammation Score:-1, Nutrition Score:1.3460869523494%

Nutrients (% of daily need)

Calories: 45.79kcal (2.29%), Fat: 1.48g (2.28%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 6.62g (2.41%), Sugar: 1.21g (1.35%), Cholesterol: 7.23mg (2.41%), Sodium: 54.6mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Selenium: 3.07µg (4.39%), Vitamin B1: 0.06mg (3.84%), Folate: 14.08µg (3.52%), Manganese: 0.06mg (3.22%), Vitamin B2: 0.05mg (2.94%), Vitamin B3: 0.43mg (2.15%), Iron: 0.37mg (2.03%), Phosphorus: 13.67mg (1.37%), Potassium: 38.09mg (1.09%)