



My Nancy's Pizzelles

 Dairy Free

READY IN



20 min.

SERVINGS



100

CALORIES



73 kcal

DESSERT

Ingredients

- 3 tablespoons double-acting baking powder
- 9 eggs
- 5 cups flour all-purpose
- 4 teaspoons ground cinnamon
- 1.5 cups butter unsalted
- 2.5 cups sugar white

Equipment

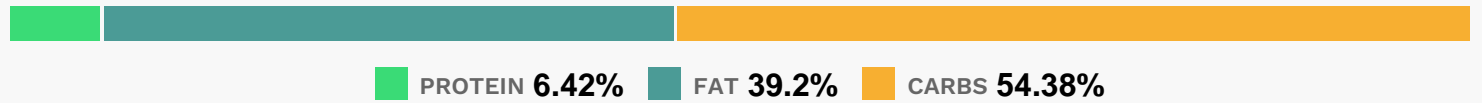
- bowl

wire rack

Directions

- In a large bowl, beat eggs, margarine and sugar together. Stir in the flour, baking powder, and cinnamon to form a sticky dough.
- Preheat the pizzelle iron. Drop cookie dough by rounded teaspoonfuls onto the hot iron close the lid and cook for 1 to 2 minutes. Steam will stop coming out of the iron.
- Place cookies on a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:7.03, Inflammation Score:-1, Nutrition Score:1.5704347684817%

Nutrients (% of daily need)

Calories: 72.53kcal (3.63%), Fat: 3.2g (4.92%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 9.76g (3.55%), Sugar: 5.02g (5.58%), Cholesterol: 14.73mg (4.91%), Sodium: 76.08mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Selenium: 3.37µg (4.81%), Vitamin B1: 0.05mg (3.4%), Folate: 13.34µg (3.33%), Vitamin B2: 0.05mg (3.01%), Manganese: 0.06mg (2.9%), Vitamin A: 143.42IU (2.87%), Calcium: 26.18mg (2.62%), Phosphorus: 23.31mg (2.33%), Iron: 0.41mg (2.27%), Vitamin B3: 0.37mg (1.87%), Vitamin E: 0.15mg (1.02%)