

Non-Edible Cinnamon Ornaments



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup apple sauce
- ☐ 1 cup ground cinnamon
- ☐ 1 tablespoon ground cloves
- ☐ 1 tablespoon ground nutmeg

Equipment

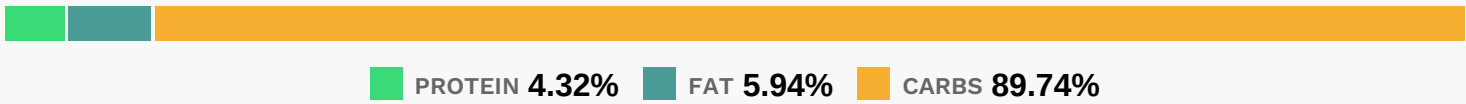
- ☐ bowl
- ☐ oven
- ☐ toothpicks

☐ cookie cutter

Directions

- ☐ In a medium bowl, stir together the cinnamon, cloves, and nutmeg.
- ☐ Mix in the applesauce and glue. Work the mixture with your hands 2 to 3 minutes to form a ball. If mixture is too wet, add more cinnamon. If mixture is too dry, add more applesauce.
- ☐ Lightly dust a clean surface with cinnamon.
- ☐ Roll out the dough to 1/4 inch thickness.
- ☐ Cut out shapes with cookie cutters, and use a toothpick to make a hole at the top for hanging with a ribbon.
- ☐ Dry in a slow oven 200 degrees F (100 degrees C) for several hours, or air dry in a sunny spot for 4 or 5 days. When dry, decorate with gingham and/ or ribbon.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:9.0495651675307%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 59.54kcal (2.98%), Fat: 0.54g (0.83%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 18.23g (6.08%), Net Carbohydrates: 7.3g (2.65%), Sugar: 2.04g (2.26%), Cholesterol: 0mg (0%), Sodium: 3.75mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Manganese: 3.76mg (188.25%), Fiber: 10.93g (43.71%), Calcium: 202.39mg (20.24%), Iron: 1.75mg (9.74%), Vitamin K: 6.94µg (6.61%), Copper: 0.08mg (3.94%), Magnesium: 14.65mg (3.66%), Vitamin E: 0.53mg (3.51%), Potassium: 103.4mg (2.95%), Zinc: 0.39mg (2.6%), Vitamin B6: 0.04mg (1.91%), Phosphorus: 15.14mg (1.51%), Vitamin B3: 0.29mg (1.45%), Vitamin A: 63.98IU (1.28%), Vitamin C: 0.92mg (1.12%)