



Rolled Cinnamon-Sugar Angels

READY IN



45 min.

SERVINGS



36

CALORIES



145 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 large eggs
- 3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 1 cup sugar
- 0.8 cup butter unsalted softened
- 1 teaspoon vanilla extract

15 ounce creamy vanilla frosting

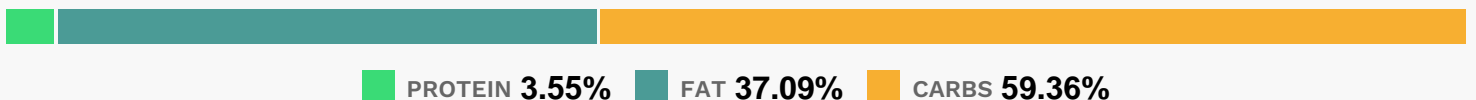
Equipment

- bowl
- baking sheet
- oven
- hand mixer
- cookie cutter
- microwave

Directions

- Beat butter at medium speed of an electric mixer until fluffy; gradually add sugar, beating well.
- Add egg and vanilla, beating well.
- Combine flour and next 4 ingredients; gradually add to butter mixture, beating until blended. Shape dough into a ball. Cover and chill 30 minutes.
- Roll dough to 1/8" thickness on a lightly floured surface.
- Cut with a 3" angel-shaped cookie cutter, and gently transfer to lightly greased cookie sheets (dough is fragile).
- Bake at 375 for 6 to 7 minutes or until lightly browned. Carefully remove cookies to wire racks to cool.
- Place frosting in a microwave-safe bowl. Microwave, uncovered, at HIGH 45 seconds or just until pourable; spoon frosting on top of cookies.
- Let stand on wire racks until dry.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:13.13, Inflammation Score:-1, Nutrition Score:2.1256521512633%

Nutrients (% of daily need)

Calories: 145.08kcal (7.25%), Fat: 6g (9.23%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 21.32g (7.75%), Sugar: 13.05g (14.5%), Cholesterol: 15.33mg (5.11%), Sodium: 79.41mg (3.45%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.29g (2.58%), Selenium: 4.05µg (5.79%), Vitamin B2: 0.1mg (5.66%), Vitamin B1: 0.08mg (5.58%), Folate: 20.8µg (5.2%), Manganese: 0.08mg (3.85%), Vitamin B3: 0.64mg (3.22%), Iron: 0.56mg (3.1%), Vitamin A: 125.76IU (2.52%), Phosphorus: 22.15mg (2.22%), Vitamin E: 0.31mg (2.08%), Vitamin K: 1.91µg (1.82%), Calcium: 17.24mg (1.72%), Fiber: 0.3g (1.19%)