



Scented Applesauce-Cinnamon Ornaments



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



10 min.

SERVINGS



15

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 cups apple sauce



3 cups ground cinnamon

Equipment



baking sheet



toothpicks

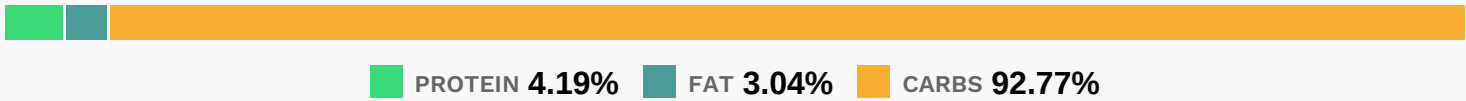


cookie cutter

Directions

- ☐ Mix applesauce and cinnamon together until it is thick enough to hold a form when cut into cookie cutter shapes. Flatten the mixture on a flat surface and cut into cookie cutter shapes.
- ☐ Place cookie shapes on a cookie sheet to dry for 3 to 4 days depending on the size and thickness of the cookies. If using as a hanging ornament, make hole with toothpick before drying.

Nutrition Facts



Properties

Glycemic Index:0.33, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:15.077391334202%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 137.37kcal (6.87%), Fat: 0.64g (0.98%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 17.99g (6.54%), Sugar: 5.61g (6.23%), Cholesterol: 0mg (0%), Sodium: 5.71mg (0.25%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Manganese: 8.28mg (413.83%), Fiber: 25.66g (102.65%), Calcium: 476.07mg (47.61%), Iron: 4.05mg (22.49%), Vitamin K: 15.01µg (14.29%), Copper: 0.17mg (8.68%), Vitamin E: 1.18mg (7.84%), Magnesium: 29.85mg (7.46%), Potassium: 240.05mg (6.86%), Zinc: 0.88mg (5.87%), Vitamin B6: 0.09mg (4.4%), Vitamin B3: 0.67mg (3.36%), Phosphorus: 32.72mg (3.27%), Vitamin A: 153.74IU (3.07%), Vitamin C: 2.29mg (2.77%), Selenium: 1.61µg (2.3%), Vitamin B2: 0.03mg (2%), Vitamin B5: 0.19mg (1.89%), Vitamin B1: 0.02mg (1.54%), Folate: 4.3µg (1.08%)