



Snickerdoodle Cookie Bark

 Vegetarian

READY IN



30 min.

SERVINGS



18

CALORIES



77 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 pinch cinnamon
- ☐ 2 large egg whites
- ☐ 0.5 cup tbsp flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon milk powder dry
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt

- ☐ 4 tablespoons butter salted european style melted (or unsalted?)
- ☐ 1 tablespoon sugar mixed with 1 ½ teaspoons cinnamon
- ☐ 0.5 teaspoon vanilla extract

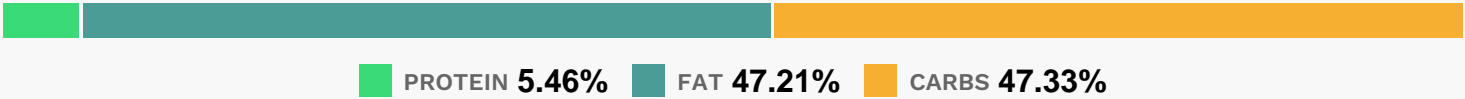
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ pizza cutter

Directions

- ☐ Set the rack to the lower center part of the oven and preheat to 325 degrees F.Line a heavy duty 13×18 inch baking sheet with nonstick foil or parchment paper.In a mixing bowl, vigorously whisk the egg whites until very foamy. Gradually whisk in the sugar, then whisk in the melted butter and vanilla until smooth.
- ☐ Whisk in the salt, baking powder and cinnamon, then whisk in the nonfat milk powder.
- ☐ Add the flour and stir until smooth.Empty batter onto the lined cookie sheet and spread as thinly as possible using the back of a spoon or scraper.
- ☐ Mix together the cinnamon and sugar and sprinkle evenly over the top. If using pecans, sprinkle them on top.
- ☐ Bake in the lower center of the oven for 17- 20 minutes, checking at 17 minutes. Edges should be brown but not burnt.
- ☐ Remove from oven. With a pizza cutter or knife, immediately cut into pieces without separating – you want shards, similar to what you’d get if making peanut brittle.
- ☐ Let cool completely. If you are left with a few thick, chewy, pieces, return them to the oven and bake at 250 for 20 minutes, then re-cool. If your batter is thin enough the first time, you should not need the second bake.

Nutrition Facts



Properties

Glycemic Index:23.18, Glycemic Load:6.36, Inflammation Score:-1, Nutrition Score:1.3339130324514%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 77.2kcal (3.86%), Fat: 4.15g (6.38%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 9.06g (3.29%), Sugar: 6.5g (7.22%), Cholesterol: 7.09mg (2.36%), Sodium: 65.97mg (2.87%), Alcohol: 0.04g (100%), Alcohol %: 0.25% (100%), Protein: 1.08g (2.16%), Manganese: 0.12mg (5.88%), Selenium: 2.12µg (3.03%), Vitamin B1: 0.04mg (2.81%), Vitamin B2: 0.04mg (2.54%), Folate: 7.19µg (1.8%), Vitamin A: 82.8IU (1.66%), Copper: 0.03mg (1.55%), Phosphorus: 15.1mg (1.51%), Iron: 0.23mg (1.27%), Vitamin B3: 0.24mg (1.19%), Fiber: 0.29g (1.17%), Magnesium: 4.06mg (1.02%), Calcium: 10.21mg (1.02%)