



Snickerdoodles (lighter)

READY IN



50 min.

SERVINGS



48

CALORIES



78 kcal

DESSERT

Ingredients

- ☐ 1.5 cups sugar
- ☐ 0.5 cup butter softened
- ☐ 0.5 package cream cheese softened reduced-fat (8-ounce size) (Neufchâtel)
- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 2.8 cups unbleached flour all-purpose
- ☐ 2 teaspoons cream of tartar
- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 2 teaspoons ground cinnamon

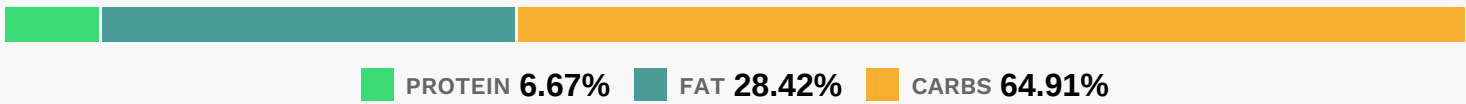
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 400°F.
- ☐ Mix 1 1/2 cups sugar, the margarine, cream cheese and eggs in large bowl. Stir in flour, cream of tartar, baking soda and salt. Cover and refrigerate dough 1 hour.
- ☐ Shape dough into 1 1/4-inch balls.
- ☐ Mix 1/4 cup sugar and the cinnamon.
- ☐ Roll balls in cinnamon-sugar mixture.
- ☐ Place 2 inches apart on ungreased cookie sheet. Flatten each ball with bottom of drinking glass.
- ☐ Bake 8 to 10 minutes or until set.
- ☐ Remove from cookie sheet to wire rack.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:8.46, Inflammation Score:-1, Nutrition Score:0.98782608957718%

Nutrients (% of daily need)

Calories: 78.15kcal (3.91%), Fat: 2.5g (3.84%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 12.61g (4.59%), Sugar: 7.45g (8.28%), Cholesterol: 4.68mg (1.56%), Sodium: 69.33mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Selenium: 3.52µg (5.02%), Manganese: 0.07mg

(3.63%), Vitamin A: 102.92IU (2.06%), Phosphorus: 13.13mg (1.31%), Vitamin B2: 0.02mg (1.21%), Potassium: 38.4mg (1.1%)