



Whole Wheat Snickerdoodles I

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



93 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup butter
- 0.5 teaspoon cream of tartar
- 1 eggs
- 0.5 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 2 tablespoons sugar white

1.5 cups flour whole wheat

Equipment

baking sheet

oven

Directions

Cream butter and sugar till fluffy.

Add egg and vanilla. Beat well.

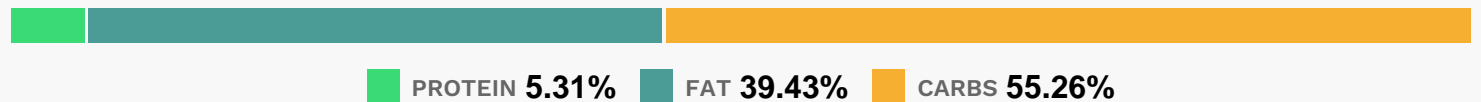
Add dry ingredients.

Shape dough into 1 inch balls and roll in sugar cinnamon mixture.

Place 2 inches apart on ungreased cookie sheets. Flatten slightly with a drinking glass.

Bake at 375 degrees F (190 degrees C) for 8-10 minutes.

Nutrition Facts



Properties

Glycemic Index:5.21, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:2.4004347888024%

Nutrients (% of daily need)

Calories: 92.75kcal (4.64%), Fat: 4.2g (6.46%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 12.42g (4.52%), Sugar: 7.73g (8.59%), Cholesterol: 16.99mg (5.66%), Sodium: 57.95mg (2.52%), Alcohol: 0.06g (100%), Alcohol %: 0.33% (100%), Protein: 1.27g (2.54%), Manganese: 0.32mg (15.89%), Selenium: 5.34µg (7.62%), Fiber: 0.82g (3.3%), Phosphorus: 31.85mg (3.19%), Magnesium: 11.25mg (2.81%), Vitamin A: 128.88IU (2.58%), Vitamin B1: 0.04mg (2.58%), Iron: 0.36mg (1.99%), Vitamin B3: 0.38mg (1.92%), Vitamin B6: 0.04mg (1.84%), Copper: 0.04mg (1.79%), Zinc: 0.23mg (1.51%), Potassium: 50.79mg (1.45%), Vitamin B2: 0.02mg (1.34%), Vitamin E: 0.18mg (1.22%), Folate: 4.37µg (1.09%), Calcium: 10.87mg (1.09%)