



Whole Wheat Snickerdoodles II

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



50 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 1 egg white
- ☐ 1.3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar white

☐ 1.5 cups flour whole wheat

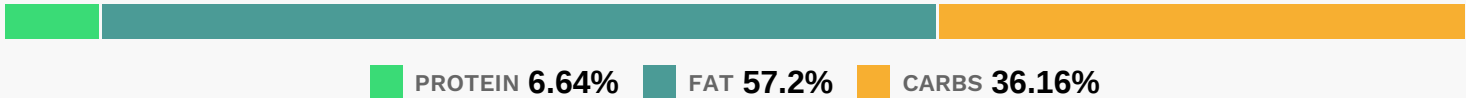
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, cream sugar and butter or margarine until fluffy.
- ☐ Add egg and egg white; beat well. Stir together flours, soda, and salt; beat into creamed mixture.
- ☐ In a small bowl, combine 2 tablespoons sugar and cinnamon. Shape dough into walnut sized balls, and roll in cinnamon sugar.
- ☐ Place 2 inches apart on ungreased baking sheets.
- ☐ Bake at 400 degrees F (205 degrees C) for 8 to 10 minutes. Cookies will puff up and flatten as they bake. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:1.72, Inflammation Score:-1, Nutrition Score:1.3926087050982%

Nutrients (% of daily need)

Calories: 49.82kcal (2.49%), Fat: 3.24g (4.99%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 4.18g (1.52%), Sugar: 0.43g (0.48%), Cholesterol: 10.86mg (3.62%), Sodium: 54.25mg (2.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Manganese: 0.15mg (7.59%), Selenium: 3.1µg (4.43%), Vitamin B1: 0.04mg (2.4%), Vitamin A: 98.97IU (1.98%), Fiber: 0.43g (1.71%), Folate: 6.57µg (1.64%), Phosphorus: 16mg (1.6%), Vitamin B3: 0.31mg (1.53%), Vitamin B2: 0.02mg (1.46%), Iron: 0.25mg (1.38%), Magnesium: 4.94mg (1.24%)