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## Cinnamon Sticks ·•

Cinnamon sticks are a popular spice used in various cuisines. They are known for their warm and sweet flavor, which adds depth to both savory and sweet dishes. Cinnamon sticks are commonly used in baking, as well as in hot beverages like mulled wine and chai tea. They are also used in some savory dishes, such as curries and stews, to add a hint of warmth and complexity. Cinnamon sticks can be ground into a powder or used whole, depending on the recipe.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** N/A grams

**Number of Servings:** N/A

**Serving Size:** N/A g

### Ingredients

2 sticks Cinnamon Sticks

### Directions

## Step 1

Add the cinnamon sticks to your recipe as directed.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 0 kcal

**Fat:** 0 g

**Protein:** 0 g

**Carbohydrates:** 0 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
 Game Day

### Cuisines

Italian Chinese Indian Mexican French Thai Japanese  
 Mediterranean Greek Spanish German Korean Vietnamese American  
 Middle Eastern

## Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

## Kitchen Tools

Blender Mixer Oven Stove Microwave Grill Slow Cooker  
Pressure Cooker Air Fryer Food Processor

## Course

Appetizers Main Dishes Side Dishes Desserts Drinks Breads Salads  
Soups Snacks Sauces & Dressings

## Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest  
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter  
Halloween

## Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

## Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe  
Lactation Friendly Allergy Friendly Diabetic Friendly Heart Healthy

## Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)  
Flexitarian Diet Weight Watchers (WW) Diet  
MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)  
Volumetrics Diet Paleo Diet The Whole30 Diet Atkins Diet Ketogenic Diet  
Low Carb, High Fat (LCHF) Diet South Beach Diet Zone Diet Ornish Diet  
Nutrisystem Diet TLC Diet (Therapeutic Lifestyle Changes) Nordic Diet

Okinawa Diet Alkaline Diet Macrobiotic Diet Intermittent Fasting 5:2 Diet  
16:8 Diet Warrior Diet OMAD (One Meal a Day) Diet Body for Life Diet  
Low FODMAP Diet Slow Carb Diet Vegetarian Diet Vegan Diet  
Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet  
Lacto-Ovo Vegetarian Diet Fruitarian Diet Engine 2 Diet Blood Type Diet  
Ayurvedic Diet Traditional Chinese Medicine (TCM) Diet Anti-Inflammatory Diet  
The Acid Reflux Diet Gluten-Free Diet Low Glycemic Index Diet  
Low Sodium Diet The Fast Metabolism Diet Nutrient Timing Diet  
The 80/10/10 Diet The Gerson Therapy The Swiss Secret Diet  
The Scarsdale Diet The Cabbage Soup Diet The Hallelujah Diet  
The Mayo Clinic Diet The Beverly Hills Diet The Hollywood Diet  
The Lemonade Diet The Grapefruit Diet The Rice Diet  
The Sleeping Beauty Diet The Baby Food Diet The 3-Hour Diet  
The French Women Don't Get Fat Diet The Cookie Diet The F-Plan Diet  
The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet  
The Five-Bite Diet The Negative Calorie Diet The Ice Cream Diet  
The Master Cleanse Diet The Subway Diet The SlimFast Diet  
The Cambridge Diet The Shangri-La Diet The Best Life Diet The 3-Day Diet  
The CICO (Calories In, Calories Out) Diet The Eat-Clean Diet  
The Peanut Butter Diet The Bulletproof Diet The Carnivore Diet  
The Dukan Diet The HCG Diet The Optavia Diet The Pritikin Diet  
The Starch Solution Diet The Vertical Diet The GOLO Diet  
The Gut and Psychology Syndrome (GAPS) Diet  
The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet  
The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet  
The BRAT Diet (Bananas, Rice, Applesauce, Toast)  
The GERD Diet (Gastroesophageal Reflux Disease)  
The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet    The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet    The Low Oxalate Diet    The Diabetes Diet

The Hypothyroidism Diet    The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)    The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet    The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet    The Arthritis Diet    The Osteoporosis Diet

The Heart-Healthy Diet    The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet    The High-Fiber Diet    The Low-Fat Diet

The High-Protein Diet    The Low-Protein Diet    The High-Calcium Diet

The High-Potassium Diet    The Low-Potassium Diet    The High-Iron Diet

The Low-Iron Diet    The Low-Phosphorus Diet    The High-Vitamin D Diet

The High-Vitamin C Diet    The High-Vitamin K Diet    The Low-Vitamin K Diet

The Low-Copper Diet    The Spring Detox Diet    The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet    The Winter Warming Diet    The Low-Sulfur Diet

The High-Sulfur Diet    The Eczema Diet    The Psoriasis Diet    The Rosacea Diet

The Acne Diet    The Migraine Diet    The Celiac Disease Diet

The Gallbladder Diet    The Kidney Stone Diet    The Anti-Anxiety Diet

The Depression Diet    The Adrenal Fatigue Diet    The Endometriosis Diet

The Hashimoto's Disease Diet    The Lyme Disease Diet    The Diverticulitis Diet

The Restless Leg Syndrome Diet    The Tinnitus Diet    The Interstitial Cystitis Diet

The Gastroparesis Diet    The Menopause Diet    The Post-Pregnancy Diet

The Fertility Diet    The Breastfeeding Diet    The Low-Nickel Diet

The Chronic Urticaria Diet    The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet    The Raynaud's Disease Diet

The Sjögren's Syndrome Diet    The Low Tyramine Diet    The Lactose-Free Diet

The Fructose Malabsorption Diet    The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet    The Chronic Pancreatitis Diet  
The Sarcoidosis Diet    The Leaky Gut Syndrome Diet    The Behçet's Disease Diet  
The Graves' Disease Diet    The Addison's Disease Diet  
The Cushing's Syndrome Diet    The Ankylosing Spondylitis Diet    The Lupus Diet  
The Myasthenia Gravis Diet  
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet  
The Eosinophilic Esophagitis (EoE) Diet  
The Chronic Obstructive Pulmonary Disease (COPD) Diet    The Asthma Diet  
The Sinusitis Diet    The Bronchiectasis Diet    The Insomnia Diet  
The Seasonal Affective Disorder (SAD) Diet  
The ADHD Diet (Attention Deficit Hyperactivity Disorder)    The Autism Diet  
The Bipolar Disorder Diet    The Schizophrenia Diet  
The Post-Traumatic Stress Disorder (PTSD) Diet    Blood Type O Diet  
Blood Type A Diet    Blood Type B Diet    Blood Type AB Diet

### Cooking Method

Grilling    Frying    Baking    Boiling    Steaming    Microwaving    Blanching  
Sautéing    Roasting    Smoking    Curing    Blending    Grinding    Freezing  
Canning    Drying    Pickling    Sous Vide    Pasteurizing    Fermenting    Infusing  
Pressing    Jellying    Carbonating    Whipping    Stirring    Simmering    Cutting  
Cut    Mixing    Resting    Plating    Serving    Cooking    None    Stir-frying  
Mashing    Preheating    Sprinkling    Heating    Refrigerating    Preparation  
Cooling    Oven    Stove

### Healthy For

Gastroesophageal reflux disease (GERD)    Gastritis    Peptic ulcer disease  
Inflammatory bowel disease (IBD)    Irritable bowel syndrome (IBS)    Celiac disease  
Diverticulitis    Hemorrhoids    Appendicitis    Gallstones    Pancreatitis  
Liver disease    Gastroparesis    Gastroenteritis    Hepatitis    Colorectal cancer



## Meal Type

Brunch

Supper

## Difficulty Level

Medium

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