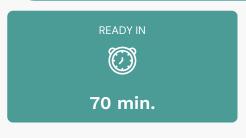


Caramel Apple Cookies







DESSERT

Ingredients

0.5 cup sugar
0.3 cup butter softened
0.3 cup shortening

0.8 teaspoon vanilla

1 eggs

1.5 cups flour all-purpose

O.3 teaspoon baking soda

0.3 teaspoon salt

1 package liquid malt extract unsweetened soft (0.13 to 0.14 oz)

П	12 celery stalks with round ends)
	24 individually wrapped caramels (from 14-oz bag)
	2 tablespoons water
	1 serving sprinkles
Eq	uipment
	bowl
	baking sheet
	sauce pan
	oven
	wire rack
	hand mixer
	cookie cutter
Diı	rections
	Heat oven to 400°F. In large bowl, beat sugar, butter and shortening with electric mixer on
	medium speed, or mix with spoon. Stir in vanilla and egg. Stir in flour, baking soda, salt and soft drink mix (dry).
	drink mix (dry).
	drink mix (dry). On lightly floured cloth-covered surface, roll dough 1/4 inch thick. Cut with 3-inch round or apple-shaped cookie cutter. On ungreased cookie sheet, place
	drink mix (dry). On lightly floured cloth-covered surface, roll dough 1/4 inch thick. Cut with 3-inch round or apple-shaped cookie cutter. On ungreased cookie sheet, place cutouts 2 inches apart. Carefully insert 1 inch of wooden stick into side of each cookie. Bake 6 to 8 minutes or until edges are light brown. Cool 2 minutes; remove from cookie sheet
	drink mix (dry). On lightly floured cloth-covered surface, roll dough 1/4 inch thick. Cut with 3-inch round or apple-shaped cookie cutter. On ungreased cookie sheet, place cutouts 2 inches apart. Carefully insert 1 inch of wooden stick into side of each cookie. Bake 6 to 8 minutes or until edges are light brown. Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes. In 2-quart saucepan, heat caramels and water over low heat, stirring frequently, until melted and smooth. If caramel glaze becomes too stiff, heat over low heat, stirring constantly, until

Nutrition Facts

Properties

Glycemic Index:20.17, Glycemic Load:24.47, Inflammation Score:-2, Nutrition Score:3.8395652252695%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 247.52kcal (12.38%), Fat: 10.28g (15.82%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 36.2g (13.16%), Sugar: 22.36g (24.84%), Cholesterol: 15.06mg (5.02%), Sodium: 174.3mg (7.58%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 3.08g (6.16%), Vitamin B1: 0.15mg (9.82%), Selenium: 6.86µg (9.8%), Vitamin B2: 0.15mg (8.93%), Folate: 32.64µg (8.16%), Manganese: 0.12mg (5.76%), Phosphorus: 49.3mg (4.93%), Vitamin B3: 0.97mg (4.87%), Iron: 0.83mg (4.63%), Vitamin A: 215.51lU (4.31%), Vitamin E: 0.56mg (3.73%), Vitamin K: 3.87µg (3.68%), Calcium: 35.52mg (3.55%), Vitamin B5: 0.29mg (2.92%), Potassium: 78.14mg (2.23%), Magnesium: 7.99mg (2%), Fiber: 0.49g (1.94%), Zinc: 0.25mg (1.68%), Vitamin B12: 0.1µg (1.63%), Copper: 0.03mg (1.58%), Vitamin B6: 0.03mg (1.41%)