



Caramel Apple Cookies

READY IN



70 min.

SERVINGS



12

CALORIES



319 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 0.3 cup butter softened
- 24 individually wrapped caramels (from 14-oz bag)
- 12 celery stalks (with round ends)
- 1 eggs
- 1.5 cups flour all-purpose
- 1 package liquid malt extract unsweetened soft (0.13 to 0.14 oz)
- 12 servings m&m candies
- 0.3 teaspoon salt

- 0.3 cup shortening
- 0.5 cup sugar
- 0.8 teaspoon vanilla
- 2 tablespoons water

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- wire rack
- hand mixer
- cookie cutter

Directions

- Heat oven to 400F. 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).
- 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 softened.
- Spread top third of each cookie (opposite wooden stick) with caramel glaze. Hold cookie upright to allow glaze to drizzle down cookie.
- Sprinkle with candy sprinkles.

Nutrition Facts



■ PROTEIN 4.69% ■ FAT 38.24% ■ CARBS 57.07%

Properties

Glycemic Index:20.17, Glycemic Load:24.47, Inflammation Score:-3, Nutrition Score:4.0643478217332%

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 Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 319.3kcal (15.96%), Fat: 13.75g (21.15%), Saturated Fat: 4.67g (29.18%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 45.27g (16.46%), Sugar: 30.98g (34.42%), Cholesterol: 17.31mg (5.77%), Sodium: 184.5mg (8.02%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.8g (7.59%), 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%), Iron: 1.02mg (5.66%), Calcium: 52.92mg (5.29%), Vitamin A: 249.11IU (4.98%), Phosphorus: 49.3mg (4.93%), Vitamin B3: 0.97mg (4.87%), Vitamin E: 0.56mg (3.73%), Vitamin K: 3.87µg (3.68%), Fiber: 0.89g (3.56%), Vitamin B5: 0.29mg (2.92%), Potassium: 78.14mg (2.23%), Magnesium: 7.99mg (2%), Zinc: 0.25mg (1.68%), Vitamin B12: 0.1µg (1.63%), Copper: 0.03mg (1.58%), Vitamin B6: 0.03mg (1.41%)