



Caramel-Chocolate Pecan Cookies

READY IN



40 min.

SERVINGS



24

CALORIES



223 kcal

DESSERT

Ingredients

- 0.7 cup cashew pieces toasted
- 17.5 oz sugar cookie mix
- 0.5 cup butter softened
- 1 eggs
- 24 cashew pieces toasted
- 10 oz individually wrapped caramels
- 2 tablespoons whipping cream
- 4 oz semi chocolate chips
- 0.5 teaspoon sea salt

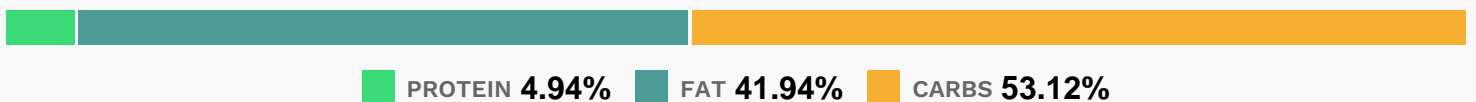
Equipment

- food processor
- bowl
- baking sheet
- oven
- wire rack
- hand mixer
- microwave

Directions

- Heat oven to 375°F. In food processor, place 2/3 cup pecans. Cover; process until finely ground. In large bowl, beat ground pecans, cookie mix, butter and egg with electric mixer on medium speed until soft dough forms.
- Shape dough into 24 (1-inch) balls.
- Place on ungreased cookie sheet.
- Place 1 pecan half on top of each ball.
- Bake 10 minutes or until golden.
- Remove from cookie sheet to cooling rack; cool completely.
- In medium microwavable bowl, microwave caramels and whipping cream uncovered on High 1 to 2 minutes, stirring every 30 seconds, until caramels are melted and mixture is smooth. In small microwavable bowl, microwave chocolate chips uncovered on High 1 minute, stirring once, until softened and chips can be stirred smooth.
- Drizzle caramel mixture and melted chocolate over cookies.
- Sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:6.89, Glycemic Load:6.26, Inflammation Score:-2, Nutrition Score:2.95999995943%

Nutrients (% of daily need)

Calories: 222.59kcal (11.13%), Fat: 10.57g (16.27%), Saturated Fat: 4.51g (28.16%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 29.58g (10.76%), Sugar: 19.41g (21.57%), Cholesterol: 19.51mg (6.5%), Sodium: 170.88mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 2.8g (5.61%), Copper: 0.17mg (8.71%), Manganese: 0.15mg (7.43%), Magnesium: 25.57mg (6.39%), Phosphorus: 61.38mg (6.14%), Iron: 0.76mg (4.24%), Zinc: 0.5mg (3.35%), Vitamin B1: 0.05mg (3.25%), Selenium: 2.27µg (3.24%), Vitamin B2: 0.05mg (3.23%), Vitamin A: 153.78IU (3.08%), Potassium: 90.48mg (2.59%), Vitamin K: 2.66µg (2.54%), Calcium: 24.13mg (2.41%), Fiber: 0.55g (2.18%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.17mg (1.68%), Vitamin B6: 0.03mg (1.66%), Folate: 6.1µg (1.53%), Vitamin B12: 0.07µg (1.17%)