



Caramel-Chocolate Pecan Cookies

READY IN



40 min.

SERVINGS



24

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 10 oz individually wrapped caramels
- ☐ 0.5 teaspoon sea salt
- ☐ 1 eggs
- ☐ 0.7 cup pecans toasted
- ☐ 24 pecans toasted
- ☐ 4 oz semi chocolate chips
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz)
- ☐ 2 tablespoons whipping cream

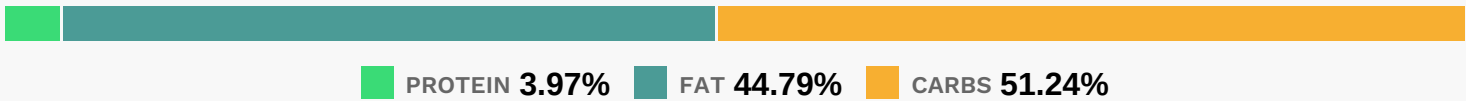
Equipment

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

Directions

- ☐ Heat oven to 375F. 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:5.63, Glycemic Load:5.93, Inflammation Score:-1, Nutrition Score:2.6726086680656%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 223.14kcal (11.16%), Fat: 11.33g (17.43%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 28.39g (10.32%), Sugar: 19.27g (21.41%), Cholesterol: 19.51mg (6.5%), Sodium: 170.25mg (7.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 2.26g (4.52%), Manganese: 0.25mg (12.57%), Copper: 0.11mg (5.62%), Phosphorus: 42.74mg (4.27%), Magnesium: 15.75mg (3.94%), Vitamin B1: 0.05mg (3.65%), Vitamin B2: 0.06mg (3.37%), Vitamin A: 156.1IU (3.12%), Fiber: 0.78g (3.11%), Iron: 0.53mg (2.94%), Zinc: 0.4mg (2.64%), Calcium: 25.15mg (2.52%), Potassium: 73.95mg (2.11%), Selenium: 1.41µg (2.02%), Vitamin E: 0.28mg (1.87%), Vitamin B5: 0.16mg (1.6%), Folate: 5.75µg (1.44%), Vitamin B12: 0.07µg (1.17%), Vitamin B6: 0.02mg (1.03%), Vitamin K: 1.07µg (1.02%)