



Caramel-Cream Cookie

READY IN



45 min.

SERVINGS



1

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 1 chocolate wafer cookie store-bought
- ☐ 2 teaspoons dulce de leche
- ☐ 1 teaspoon whipped cream

Equipment

Directions

- ☐ Top chocolate wafer cookie with dulce de leche and whipped cream.

Nutrition Facts



 **PROTEIN 3.81%**  **FAT 49.24%**  **CARBS 46.95%**

Properties

Glycemic Index:145.67, Glycemic Load:3.82, Inflammation Score:-1, Nutrition Score:0.62739130133844%

Nutrients (% of daily need)

Calories: 68.18kcal (3.41%), Fat: 3.76g (5.79%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 7.76g (2.82%), Sugar: 3.96g (4.4%), Cholesterol: 4.68mg (1.56%), Sodium: 39.89mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin B1: 0.04mg (2.54%), Folate: 7.52µg (1.88%), Vitamin B2: 0.02mg (1.36%), Fiber: 0.31g (1.23%), Vitamin B3: 0.22mg (1.12%), Magnesium: 4.18mg (1.05%)