



Caramel-Filled Chocolate Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



139 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup firmly brown sugar packed
- 1 cup butter softened
- 0.8 cup cocoa
- 2 large eggs
- 2.3 cups flour all-purpose
- 9 ounce chewy caramels in milk chocolate
- 1 cup pecans divided finely chopped
- 1 cup sugar

- 1 tablespoon sugar
- 2 teaspoons vanilla extract

Equipment

- baking sheet
- oven
- hand mixer

Directions

- Beat butter at medium speed of an electric mixer until creamy; gradually add sugars, beating well.
- Add eggs and vanilla; beat well.
- Combine flour, soda, and cocoa; gradually add to butter mixture, beating well. Stir in 1/2 cup pecans. Cover and chill dough at least 2 hours.
- Combine remaining 1/2 cup pecans and 1 tablespoon sugar.
- Divide dough into 4 equal portions. Work with 1 portion at a time, storing remainder in refrigerator. Divide each portion into 12 pieces. Quickly press each piece of dough around a caramel; roll into a ball. Dip one side of ball in pecan mixture.
- Place balls, pecan side up, 2" apart on ungreased cookie sheets.
- Bake at 375 for 8 minutes. (Cookies will look soft.)
- Let cool 1 minute on cookie sheets; remove to wire racks and let cool completely.

Nutrition Facts



PROTEIN 4.35% **FAT 47.29%** **CARBS 48.36%**

Properties

Glycemic Index:5.58, Glycemic Load:7.57, Inflammation Score:-2, Nutrition Score:2.8278260622983%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg

Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 138.92kcal (6.95%), Fat: 7.71g (11.87%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 16.58g (6.03%), Sugar: 11.75g (13.05%), Cholesterol: 7.75mg (2.58%), Sodium: 72.95mg (3.17%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Caffeine: 6.6mg (2.2%), Protein: 1.59g (3.19%), Manganese: 0.22mg (11.2%), Copper: 0.12mg (6.06%), Fiber: 1.17g (4.66%), Selenium: 3.13µg (4.48%), Magnesium: 17.57mg (4.39%), Vitamin B1: 0.06mg (4.29%), Iron: 0.73mg (4.08%), Vitamin A: 181.68IU (3.63%), Phosphorus: 35.7mg (3.57%), Vitamin B2: 0.06mg (3.54%), Folate: 12.88µg (3.22%), Zinc: 0.34mg (2.29%), Vitamin B3: 0.45mg (2.23%), Potassium: 62.71mg (1.79%), Vitamin E: 0.22mg (1.46%), Calcium: 11.92mg (1.19%)