



## Caramel Filled Sandies

READY IN



65 min.

SERVINGS



36

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 17.5 oz sugar cookie mix
- 0.3 cup pecans toasted finely chopped
- 2 tablespoons flour all-purpose
- 0.5 cup butter softened
- 1 eggs
- 34 individually wrapped caramels (from 14 oz bag)
- 3 tablespoons half and half
- 0.3 cup chocolate chips dark melted
- 0.3 cup peppermint candies white melted

1 tablespoon sea salt

## Equipment

bowl

baking sheet

oven

wooden spoon

microwave

## Directions

In medium bowl, combine cookie mix, pecans, flour, butter and egg until soft dough forms. Shape into 1 1/2-inch balls. On ungreased cookie sheets, place balls 2 inches apart. Using thumb or handle of wooden spoon, make indentation in center of each cookie.

Bake at 375° F for 8 to 10 minutes or until edges are light golden brown. Cool; place cookies on cooling racks. Cool completely.

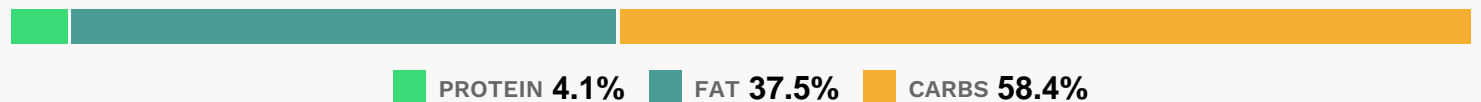
In small microwaveable bowl, microwave caramels and half and half uncovered on High 1 to 2 minutes, stirring once, until caramels are melted. Spoon 1 teaspoon caramel into indentation of each cookie. Cool 15 minutes.

Drizzle with melted dark chocolate and white baking chips.

Sprinkle with salt.

Let stand 15 minutes or until chocolate is set.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:1.1226086888624%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg,

Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg  
Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg,  
Epigallocatechin 3-gallate: 0.02mg

## **Nutrients (% of daily need)**

Calories: 143.44kcal (7.17%), Fat: 6.09g (9.36%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 21.33g (7.11%), Net  
Carbohydrates: 21.19g (7.7%), Sugar: 14.48g (16.09%), Cholesterol: 5.66mg (1.89%), Sodium: 291.68mg (12.68%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin B2: 0.04mg (2.59%), Vitamin A: 128.32IU  
(2.57%), Calcium: 25mg (2.5%), Phosphorus: 19.55mg (1.96%), Vitamin B1: 0.03mg (1.91%), Manganese: 0.04mg  
(1.9%), Vitamin E: 0.19mg (1.29%), Selenium: 0.84µg (1.2%), Folate: 4.49µg (1.12%), Potassium: 38.73mg (1.11%), Zinc:  
0.16mg (1.04%), Vitamin B5: 0.1mg (1.04%)