



Caramel Filled Sandies

READY IN



65 min.

SERVINGS



36

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 34 individually wrapped caramels (from 14 oz bag)
- 1 tablespoon sea salt
- 0.3 cup chocolate chips dark melted
- 1 eggs
- 2 tablespoons flour all-purpose
- 3 tablespoons half and half
- 0.3 cup pecans toasted finely chopped
- 0.3 cup extra sugar to coat cookies prior to baking white melted

- 1 pouch sugar cookie mix

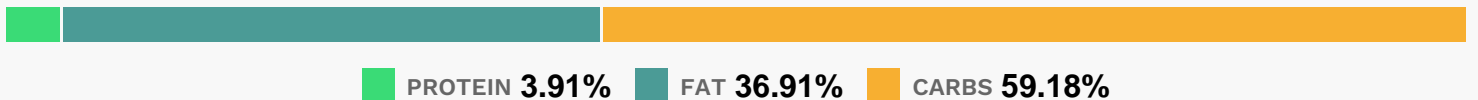
Equipment

- 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 1/2inch 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:1.1473912998386%

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: 139.31kcal (6.97%), Fat: 5.83g (8.97%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 21.03g (7.01%), Net
Carbohydrates: 20.77g (7.55%), Sugar: 13.23g (14.7%), Cholesterol: 5.66mg (1.89%), Sodium: 290.31mg (12.62%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin B2: 0.04mg (2.59%), Vitamin A: 128.32IU
(2.57%), Calcium: 21.71mg (2.17%), Phosphorus: 19.55mg (1.96%), Vitamin B1: 0.03mg (1.91%), Manganese: 0.04mg
(1.9%), Vitamin E: 0.19mg (1.29%), Iron: 0.22mg (1.25%), 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%), Fiber: 0.25g (1.01%)