



Caramel-Fudge Turtle Cookies

READY IN



70 min.

SERVINGS



36

CALORIES



171 kcal

DESSERT

Ingredients

- ☐ 12 individually wrapped caramels
- ☐ 36 servings eggs for on cookie mix pouch
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup topping hot
- ☐ 1 tablespoon milk
- ☐ 36 pecans
- ☐ 1 pouch sugar cookie mix

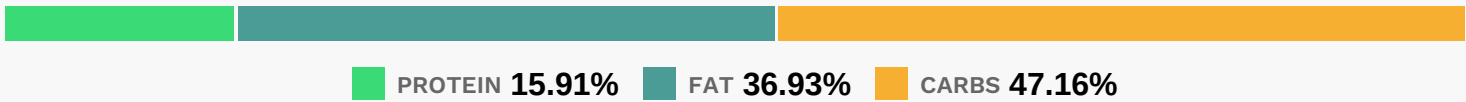
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Make cookie dough as directed on package, stirring in flour.
- ☐ Roll dough into 1-inch balls; place about 2 inches apart on Reynolds Parchment Paper lined cookie sheets.
- ☐ Bake at 375F 11 to 12 minutes or until set. Cool 1 minute; place cookies on cooling rack.
- ☐ Microwave caramels and milk uncovered on High 1 minute to 1 minute 30 seconds, stirring once, until caramels are melted. Dip one side of each cookie at an angle into caramel mixture to coat top half; spread if necessary. If caramel thickens, add up to 1 teaspoon additional milk and reheat.
- ☐ Spread about 1 teaspoon fudge topping on top of each cookie.
- ☐ Place pecan half on topping.
- ☐ Let stand about 15 minutes until toppings are set.

Nutrition Facts



Properties

Glycemic Index:5.22, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:5.1373913597478%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 170.78kcal (8.54%), Fat: 6.98g (10.73%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 19.66g (7.15%), Sugar: 11.75g (13.06%), Cholesterol: 164.05mg (54.68%), Sodium: 139.39mg (6.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.53%), Selenium: 13.96µg (19.95%), Vitamin B2: 0.23mg (13.32%), Phosphorus: 103.86mg (10.39%), Vitamin B5: 0.72mg (7.21%), Vitamin B12: 0.41µg (6.82%), Folate: 24.43µg (6.11%), Vitamin D: 0.88µg (5.9%), Manganese: 0.11mg (5.49%), Iron: 0.99mg (5.49%), Vitamin A: 240.63IU (4.81%), Vitamin E: 0.72mg (4.8%), Zinc: 0.72mg (4.8%), Vitamin B6: 0.08mg (4.09%), Copper: 0.08mg (3.95%), Calcium: 34.93mg (3.49%), Vitamin B1: 0.04mg (2.99%), Magnesium: 11.74mg (2.93%), Potassium: 98.65mg (2.82%), Fiber: 0.38g (1.53%)