



## Caramel Topped Girl Scout Cookie Trefoils

READY IN



11 min.

SERVINGS



8

CALORIES



120 kcal

DESSERT

### Ingredients

- ☐ 4 unwrapped caramel candies
- ☐ 8 golden trefoil cookies
- ☐ 1 teaspoon — heavy cream and butter
- ☐ 2 ounces bittersweet chocolate chopped (or whatever kind you like)

### Equipment

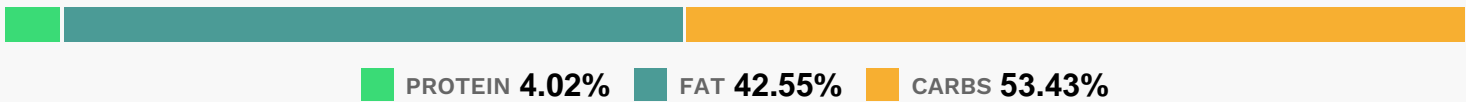
- ☐ bowl
- ☐ oven
- ☐ aluminum foil

- ☐ microwave
- ☐ measuring cup
- ☐ toaster

## Directions

- ☐ Arrange the cookies on a foil lined plate or toaster oven tray.
- ☐ Put the cream, butter and caramels in a 2 cup Microwave-safe measuring cup (I use a Pyrex).
- ☐ Heat on high for 15 seconds and stir vigorously until mixture is melted and smooth (caramels should go from soft looking blobs to smooth as you stir). If your mixture isn't hot enough and caramels aren't quite soft enough to melt, return to the microwave for another 5 to 10 seconds and repeat, stirring until mixture is smooth. Don't overheat.Spoon a little caramel sauce over each cookie. If you want, stick a few peanuts in the caramel (optional).Chill until set.Meanwhile, melt chocolate in a microwave safe bowl using 50% power. Spoon chocolate over cookies. Chill until set.To decorate, put a small handful of white melting wafers or white chips in a heavy duty freezer bag. Microwave for about 30 seconds. Knead bag lightly making sure chocolate is completely melted. Snip off tip and drizzle over cookies.

## Nutrition Facts



## Properties

Glycemic Index:8.13, Glycemic Load:2.5, Inflammation Score:-1, Nutrition Score:2.0117391246654%

## Nutrients (% of daily need)

Calories: 120.22kcal (6.01%), Fat: 5.75g (8.84%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 15.49g (5.63%), Sugar: 10.61g (11.79%), Cholesterol: 1.48mg (0.49%), Sodium: 59.69mg (2.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.22g (2.44%), Manganese: 0.13mg (6.48%), Copper: 0.1mg (5.15%), Iron: 0.72mg (4%), Magnesium: 15.05mg (3.76%), Phosphorus: 33.49mg (3.35%), Fiber: 0.75g (2.99%), Vitamin B2: 0.05mg (2.74%), Vitamin B1: 0.04mg (2.59%), Vitamin B3: 0.39mg (1.95%), Potassium: 62.4mg (1.78%), Vitamin E: 0.26mg (1.75%), Zinc: 0.26mg (1.73%), Folate: 6.22µg (1.56%), Selenium: 1.06µg (1.52%), Calcium: 14.95mg (1.49%), Vitamin K: 1.22µg (1.16%), Vitamin B5: 0.1mg (1.01%)