



Chocolate and Caramel Compost Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



270 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup shortening
- ☐ 2 tablespoons quorn mince brewed
- ☐ 1.5 teaspoons vanilla
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon baking soda

- ☐ 0.5 teaspoon salt
- ☐ 6 oz semi chocolate chips (1 cup)
- ☐ 1.5 cups potato chips crushed
- ☐ 1.5 cups kellogg's® cocoa cereal
- ☐ 30 rolos cut into quarters (from 12-oz bag)

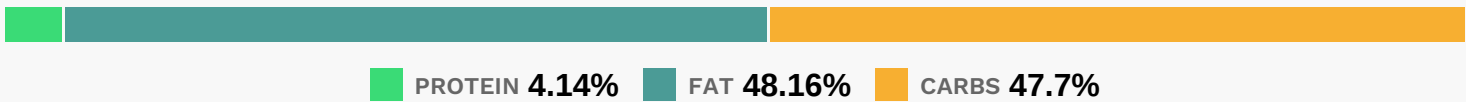
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Spray cookie sheets with cooking spray. In large bowl, beat brown sugar, sugar, butter and shortening with electric mixer on medium speed until light and fluffy.
- ☐ Add coffee grounds, vanilla and egg; beat on low speed until blended.
- ☐ Add flour, baking soda and salt; beat until soft dough forms. Stir in remaining ingredients.
- ☐ Onto cookie sheets, drop dough by 1/4-cupfuls 2 inches apart.
- ☐ Bake 11 to 14 minutes or until light golden brown. Cool 4 minutes; remove from cookie sheets to cooling racks. Cool completely before storing in airtight container.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:8.66, Inflammation Score:-3, Nutrition Score:5.2256521893584%

Nutrients (% of daily need)

Calories: 269.81kcal (13.49%), Fat: 14.61g (22.48%), Saturated Fat: 4.79g (29.95%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 31.29g (11.38%), Sugar: 19.15g (21.28%), Cholesterol: 8.15mg (2.72%), Sodium: 202.3mg (8.8%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Caffeine: 6.68mg (2.23%), Protein: 2.83g (5.65%), Manganese:

0.21mg (10.72%), Vitamin B1: 0.13mg (8.7%), Iron: 1.5mg (8.35%), Vitamin E: 1.13mg (7.51%), Folate: 29.91µg (7.48%), Selenium: 5.08µg (7.25%), Vitamin B2: 0.12mg (6.81%), Vitamin B3: 1.36mg (6.79%), Copper: 0.12mg (6.21%), Phosphorus: 53.13mg (5.31%), Magnesium: 20.74mg (5.19%), Fiber: 1.27g (5.07%), Vitamin A: 233.35IU (4.67%), Zinc: 0.66mg (4.39%), Potassium: 149.42mg (4.27%), Vitamin B6: 0.08mg (4.16%), Vitamin K: 4.28µg (4.08%), Vitamin B5: 0.38mg (3.77%), Calcium: 34.86mg (3.49%), Vitamin B12: 0.18µg (3.08%), Vitamin C: 1.72mg (2.09%)