

Chocolate Caramel Cookies

READY IN



35 min.

SERVINGS



30

CALORIES



242 kcal

DESSERT

Ingredients

- 0.8 cup cocoa powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter softened
- 2 eggs
- 2.5 cups flour all-purpose
- 13 ounces m&m candies
- 1 cup pecans divided chopped
- 1 cup sugar divided

2 teaspoons vanilla extract

Equipment

bowl

baking sheet

oven

Directions

In a large bowl, cream butter, 1 cup sugar and brown sugar. Beat in eggs and vanilla.

Combine flour, cocoa and baking soda; gradually add to creamed mixture just until combined. Stir in 1/2 cup pecans.

Shape dough by tablespoonfuls around each candy. In a small bowl, combine remaining pecans and sugar; dip each cookie halfway.

Place with nut side up on ungreased baking sheets.

Bake at 375° for 7-10 minutes or until top is slightly cracked. Cool for 3 minutes; remove to wire racks to cool completely.

Nutrition Facts



PROTEIN 4.57% **FAT 44.3%** **CARBS 51.13%**

Properties

Glycemic Index:6.84, Glycemic Load:10.42, Inflammation Score:-3, Nutrition Score:4.0582609053539%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 242.34kcal (12.12%), Fat: 12.32g (18.95%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 30.24g (11%), Sugar: 21.71g (24.12%), Cholesterol: 29.02mg (9.67%), Sodium: 100.46mg (4.37%),

Alcohol: 0.09g (100%), Alcohol %: 0.22% (100%), Caffeine: 4.95mg (1.65%), Protein: 2.86g (5.72%), Manganese: 0.32mg (16.17%), Copper: 0.15mg (7.32%), Vitamin B1: 0.11mg (7.27%), Selenium: 5.08µg (7.26%), Fiber: 1.76g (7.03%), Iron: 1.13mg (6.3%), Folate: 22.23µg (5.56%), Vitamin A: 234.48IU (4.69%), Magnesium: 18.61mg (4.65%), Vitamin B2: 0.08mg (4.64%), Phosphorus: 45.03mg (4.5%), Vitamin B3: 0.72mg (3.59%), Calcium: 30.75mg (3.07%), Zinc: 0.43mg (2.88%), Potassium: 74.87mg (2.14%), Vitamin E: 0.27mg (1.77%), Vitamin B5: 0.15mg (1.46%), Vitamin B6: 0.02mg (1.15%)