



Chocolate-Caramel Turtle Cookies

READY IN



100 min.

SERVINGS



48

CALORIES



126 kcal

DESSERT

Ingredients

- 2.5 cups cashew pieces
- 0.5 cup water
- 0.5 cup sugar
- 0.8 cup butter softened
- 1 teaspoon vanilla
- 1 eggs
- 1.5 cups flour all-purpose
- 0.3 cup cocoa powder unsweetened
- 48 individually wrapped caramels (from 13-oz bag)

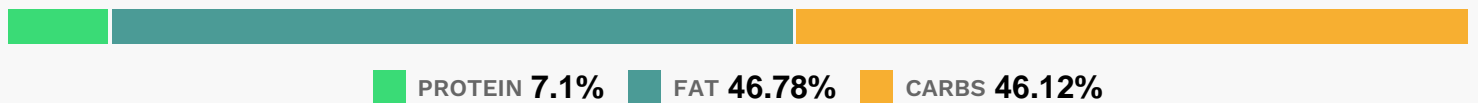
Equipment

- bowl
- baking sheet
- oven
- hand mixer
- spatula

Directions

- Heat oven to 375°F (if using dark or nonstick cookie sheet, heat oven to 350°F). In medium bowl, soak pecans in water while making dough; drain well.
- In medium bowl, beat sugar, butter, vanilla and egg with electric mixer on medium speed until light and fluffy. On low speed, beat in flour and cocoa until dough forms.
- On ungreased cookie sheets, for each cookie, arrange 5 pecans to look like head and legs of a turtle. Shape dough by rounded teaspoonfuls into 1-inch balls.
- Place 1 ball on top of each group of 5 pecans, pressing lightly into pecans with palm of hand.
- Bake 7 to 10 minutes or until set. Immediately press 1 caramel gently onto top of each cookie; let stand 5 minutes to soften caramel. Use small spatula to flatten candy slightly.
- Remove cookies from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:4.9, Glycemic Load:9.07, Inflammation Score:-2, Nutrition Score:3.0426086770452%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 125.67kcal (6.28%), Fat: 6.8g (10.47%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 14.6g (5.31%), Sugar: 9.06g (10.07%), Cholesterol: 4.11mg (1.37%), Sodium: 60.38mg (2.63%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 2.32g (4.65%), Copper: 0.17mg (8.66%), Manganese: 0.16mg (7.83%), Magnesium: 24.66mg (6.17%), Phosphorus: 61.38mg (6.14%), Vitamin B1: 0.07mg (4.7%), Selenium: 3.2µg (4.57%), Iron: 0.72mg (4.02%), Zinc: 0.5mg (3.35%), Vitamin B2: 0.06mg (3.29%), Vitamin A: 136.02IU (2.72%), Folate: 9.84µg (2.46%), Vitamin K: 2.5µg (2.38%), Potassium: 79.65mg (2.28%), Fiber: 0.49g (1.97%), Calcium: 19.13mg (1.91%), Vitamin B6: 0.04mg (1.89%), Vitamin B3: 0.33mg (1.64%), Vitamin B5: 0.16mg (1.55%), Vitamin E: 0.23mg (1.53%)