



## Chocolate-Caramel Turtle Cookies

READY IN



100 min.

SERVINGS



48

CALORIES



114 kcal

DESSERT

### Ingredients

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

## Equipment

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

## Directions

- Heat oven to 375F (if using dark or nonstick cookie sheet, heat oven to 350F). 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



**PROTEIN 4.78%** **FAT 60.9%** **CARBS 34.32%**

## Properties

Glycemic Index:3.23, Glycemic Load:3.63, Inflammation Score:-2, Nutrition Score:2.364782574708%

## Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,

Epigallocatechin 3-gallate: 0.12mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 114.38kcal (5.72%), Fat: 8.02g (12.33%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 9.34g (3.4%), Sugar: 6.15g (6.83%), Cholesterol: 4.13mg (1.38%), Sodium: 46.35mg (2.02%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.42g (2.83%), Manganese: 0.28mg (13.82%), Vitamin B1: 0.07mg (4.47%), Copper: 0.09mg (4.29%), Fiber: 0.82g (3.28%), Phosphorus: 28.69mg (2.87%), Vitamin A: 141.97IU (2.84%), Selenium: 1.88µg (2.68%), Magnesium: 9.58mg (2.4%), Vitamin B2: 0.04mg (2.37%), Iron: 0.42mg (2.31%), Folate: 8.89µg (2.22%), Zinc: 0.3mg (2.03%), Vitamin E: 0.26mg (1.74%), Vitamin B3: 0.31mg (1.52%), Calcium: 15.15mg (1.51%), Potassium: 46.33mg (1.32%)