



Chocolate Chip Cookie Treats

 Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



156 kcal

Ingredients

- 12 chocolate chip cookie mix (2 inch)
- 0.5 cup planters roasted peanuts dry chopped
- 3 oz baker's semi-sweet chocolate melted
- 1 cup whipped cream softened

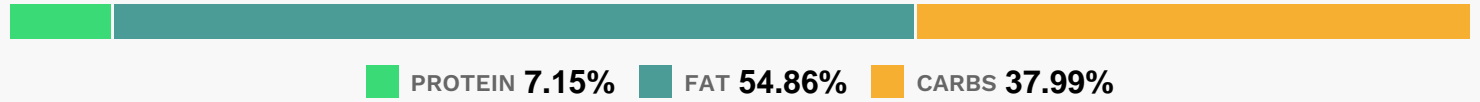
Equipment

- muffin liners

Directions

- Place 1 cookie in each of 12 paper-lined medium muffin cups.
- Mix ice cream and peanuts. Spoon evenly over cookies; drizzle with melted chocolate.
- Freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:9.14, Glycemic Load:5.01, Inflammation Score:-2, Nutrition Score:3.3139130362998%

Nutrients (% of daily need)

Calories: 155.82kcal (7.79%), Fat: 9.68g (14.9%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 13.61g (4.95%), Sugar: 8.8g (9.78%), Cholesterol: 6.15mg (2.05%), Sodium: 74.62mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 2.84g (5.68%), Manganese: 0.22mg (11.25%), Magnesium: 28.77mg (7.19%), Vitamin B3: 1.19mg (5.96%), Fiber: 1.48g (5.91%), Copper: 0.12mg (5.89%), Phosphorus: 58.05mg (5.81%), Iron: 0.69mg (3.83%), Vitamin B2: 0.06mg (3.65%), Vitamin B1: 0.05mg (3.51%), Folate: 13.98µg (3.5%), Potassium: 121.72mg (3.48%), Zinc: 0.49mg (3.28%), Vitamin E: 0.38mg (2.55%), Calcium: 22.1mg (2.21%), Selenium: 1.37µg (1.96%), Vitamin B6: 0.04mg (1.84%), Vitamin B5: 0.17mg (1.72%)