



Chocolate-Cookie Spiders

READY IN



45 min.

SERVINGS



18

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup mint
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 36 m&m's red mini
- ☐ 72 pretzel sticks mini
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 10 tablespoons butter unsalted softened

- ☐ 6 tablespoons dutch process cocoa powder unsweetened sifted
- ☐ 1 teaspoon vanilla extract

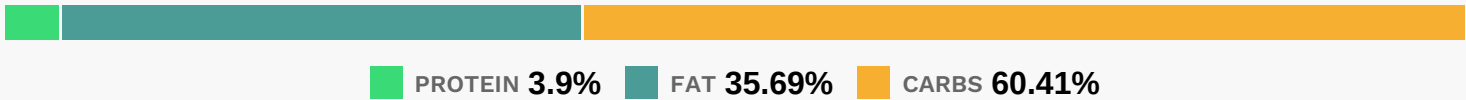
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350F. Line two baking sheets with parchment.
- ☐ Whisk together flour, cocoa, baking soda and salt.
- ☐ Cream butter and sugar with an electric mixer until fluffy, 2 to 3 minutes. Beat in egg and vanilla until smooth. Beat in flour mixture.
- ☐ Roll a teaspoonful of dough between your palms, then roll ball in sprinkles. Repeat with remaining dough and sprinkles.
- ☐ Place 9 balls on each baking sheet, pressing lightly to flatten just a bit.
- ☐ Place two mini M&M's or red hots on one end of each ball. Insert 4 pretzel stick halves into each side of each ball.
- ☐ Bake one sheet of cookies until dry on top, 12 minutes.
- ☐ Let cool on sheet on wire rack. Repeat with remaining sheet.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:13.9, Inflammation Score:-2, Nutrition Score:2.7860869613031%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 194.33kcal (9.72%), Fat: 7.91g (12.17%), Saturated Fat: 4.95g (30.97%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 29.16g (10.6%), Sugar: 20.57g (22.86%), Cholesterol: 27.36mg (9.12%), Sodium: 128.1mg (5.57%), Alcohol: 0.08g (100%), Alcohol %: 0.21% (100%), Caffeine: 3.83mg (1.28%), Protein: 1.95g (3.89%), Manganese: 0.15mg (7.26%), Selenium: 4.27µg (6.1%), Folate: 21.79µg (5.45%), Vitamin B1: 0.08mg (5.33%), Iron: 0.81mg (4.51%), Vitamin A: 213.85IU (4.28%), Vitamin B2: 0.07mg (4.21%), Copper: 0.08mg (4.16%), Fiber: 0.98g (3.91%), Vitamin B3: 0.67mg (3.33%), Phosphorus: 31.7mg (3.17%), Magnesium: 11.36mg (2.84%), Zinc: 0.24mg (1.6%), Vitamin E: 0.23mg (1.51%), Potassium: 45.61mg (1.3%), Vitamin D: 0.17µg (1.15%), Vitamin B5: 0.1mg (1.01%)