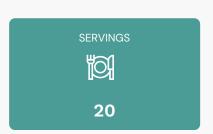


Chocolate-Stuffed Gingerbread Cookies

airy Free







DESSERT

Ingredients

	17.5 oz betty limited edition gingerbread cookie mix
	1 serving basic cookie mix for on cookie mix pouch
	3.1 oz chocolate bar
	0.5 cup sparkling wine white

Equipment

	baking sheet	
	oven	
	wire rack	

Directions Heat oven to 375°F. Make cookie dough as directed on pouch. Shape dough into 20 (11/2-inch) balls. Break candy bars into individual rectangles. Press 1 rectangle into center of each cookie, making sure to form dough around chocolate to enclose; reshape into balls. Reserve remaining rectangles for another use. Roll balls in sugar. Place 2 inches apart on ungreased cookie sheet. Bake 8 to 10 minutes or until edges are set. Cool on cookie sheet 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 1 hour. Store covered in airtight container at room temperature. Nutrition Facts

Properties

Glycemic Index:1.15, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:10.31173923806%

Nutrients (% of daily need)

Calories: 114.22kcal (5.71%), Fat: 5g (7.7%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 15.16g (5.51%), Sugar: 3.07g (3.41%), Cholesterol: 0.13mg (0.04%), Sodium: 14.24mg (0.62%), Alcohol: 0.38g (100%), Alcohol %: 1.36% (100%), Caffeine: 3.52mg (1.17%), Protein: 1.78g (3.55%), Manganese: 4.02mg (200.79%), Iron: 5.44mg (30.2%), Calcium: 172.91mg (17.29%), Fiber: 4.15g (16.61%), Magnesium: 44.34mg (11.09%), Copper: 0.2mg (9.92%), Vitamin C: 5.8mg (7.04%), Vitamin K: 7.37µg (7.01%), Potassium: 201.1mg (5.75%), Vitamin B6: 0.1mg (5.1%), Zinc: 0.74mg (4.92%), Phosphorus: 43.69mg (4.37%), Selenium: 2.62µg (3.74%), Vitamin E: 0.5mg (3.36%), Vitamin B3: 0.61mg (3.04%), Vitamin B1: 0.03mg (2.27%), Vitamin B2: 0.04mg (2.24%), Folate: 6.01µg (1.5%), Vitamin A: 66.46IU (1.33%)