



Cinnamon-Pecan Cookie S'mores

READY IN



35 min.

SERVINGS



8

CALORIES



459 kcal

DESSERT

Ingredients

- 1.3 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 0.5 cup butter softened
- 0.5 cup t brown sugar dark packed
- 0.3 cup granulated sugar
- 1 eggs
- 1.5 teaspoons vanilla

- 1 cup pecans toasted coarsely chopped
- 4 oz bittersweet chocolate
- 8 large marshmallows

Equipment

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

Directions

- Heat oven to 350°F. Lightly grease cookie sheet with shortening or cooking spray.
- In small bowl, mix flour, baking powder, cinnamon and salt; set aside. In medium bowl, beat butter with electric mixer on medium speed until creamy. Gradually add brown sugar and granulated sugar, beating well. Beat in egg and vanilla. On low speed, beat in flour mixture until blended. Stir in pecans.
- Divide dough into 16 equal portions; shape each into a ball. On cookie sheet, place balls 1 inch apart; flatten slightly.
- Bake 16 minutes or until lightly browned. Cool 1 minute; remove from cookie sheet to cooling rack.
- Set oven control to broil. Separate chocolate bar into 8 squares.
- Place 1 square on bottom of each of 8 cookies.
- Place marshmallows on cookie sheet. Broil 3 minutes or until puffed and toasted. Using small spatula, immediately place 1 marshmallow on each chocolate square. Top each with 1 remaining cookie, bottom side down; press together gently.
- Serve immediately.

Nutrition Facts



■ PROTEIN 4.36% ■ FAT 52.84% ■ CARBS 42.8%

Properties

Glycemic Index:45.32, Glycemic Load:18.78, Inflammation Score:-5, Nutrition Score:9.6834781403127%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 458.52kcal (22.93%), Fat: 27.5g (42.31%), Saturated Fat: 11.46g (71.65%), Carbohydrates: 50.12g (16.71%), Net Carbohydrates: 47.01g (17.09%), Sugar: 29.53g (32.81%), Cholesterol: 51.81mg (17.27%), Sodium: 236.12mg (10.27%), Alcohol: 0.26g (100%), Alcohol %: 0.34% (100%), Caffeine: 12.19mg (4.06%), Protein: 5.1g (10.2%), Manganese: 0.99mg (49.55%), Copper: 0.39mg (19.38%), Vitamin B1: 0.25mg (16.73%), Selenium: 10.49µg (14.99%), Iron: 2.44mg (13.56%), Fiber: 3.11g (12.44%), Phosphorus: 122.25mg (12.23%), Magnesium: 48.43mg (12.11%), Folate: 41.97µg (10.49%), Vitamin B2: 0.15mg (9.01%), Zinc: 1.23mg (8.18%), Vitamin A: 399.7IU (7.99%), Vitamin B3: 1.47mg (7.34%), Calcium: 71.44mg (7.14%), Potassium: 189.19mg (5.41%), Vitamin E: 0.68mg (4.53%), Vitamin B5: 0.37mg (3.65%), Vitamin B6: 0.06mg (2.91%), Vitamin K: 2.64µg (2.52%), Vitamin B12: 0.1µg (1.64%)