



Fuzz's Candy Mix Up Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



103 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoon non-aluminum type baking powder
- ☐ 0.5 cup m&ms mix-ups (!)
- ☐ 1 cup chocolate chips dark
- ☐ 1 large eggs
- ☐ 4.5 ounces flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar dark light
- ☐ 0.3 teaspoon salt
- ☐ 4 tablespoons shortening

- ☐ 4 tablespoons butter unsalted softened
- ☐ 0.8 teaspoon vanilla extract

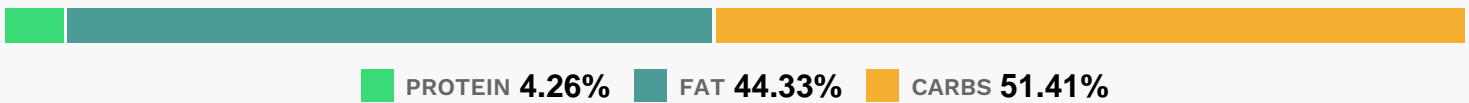
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line a cookie sheet with nonstick foil.
- ☐ Mix the flour, baking powder and salt together in a bowl.In a mixing bowl, using a handheld electric mixer, beat the butter, shortening and sugar until creamy. Beat in the egg and vanilla until mixed. By hand or using lowest speed of an electric mixer, stir in the flour mixture.Stir in the chocolate chips and the M&Ms.Drop the dough by heaping teaspoons or level tablespoons and bake for 9–12 minutes (go by appearance) or until the cookies appear set.
- ☐ Let cool on sheets for about 3 minutes, then transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:3.9, Inflammation Score:-1, Nutrition Score:1.4073913118438%

Nutrients (% of daily need)

Calories: 102.74kcal (5.14%), Fat: 5.1g (7.85%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.96g (4.71%), Sugar: 9.27g (10.3%), Cholesterol: 8.99mg (3%), Sodium: 39.78mg (1.73%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.1g (2.21%), Calcium: 35.05mg (3.51%), Phosphorus: 29.91mg (2.99%), Selenium: 1.96µg (2.8%), Vitamin B1: 0.03mg (2.25%), Folate: 8.27µg (2.07%), Vitamin B2: 0.03mg (1.99%), Iron: 0.33mg (1.85%), Manganese: 0.03mg (1.7%), Zinc: 0.22mg (1.48%), Fiber: 0.36g (1.46%), Vitamin E: 0.22mg

(1.46%), Vitamin B3: 0.27mg (1.33%), Vitamin K: 1.27µg (1.21%), Potassium: 41.99mg (1.2%), Vitamin A: 53.34IU (1.07%)