



## Kiss Cookies

 Vegetarian

READY IN



24 min.

SERVINGS



15

CALORIES



308 kcal

DESSERT

### Ingredients

- 2 cups baking mix such as reduced-fat bisquick low-fat
- 0.8 cup creamy peanut butter reduced-fat
- 40 milk chocolate kisses
- 0.3 cup sugar
- 14 ounce condensed milk fat-free sweetened canned
- 1 teaspoon vanilla extract

### Equipment

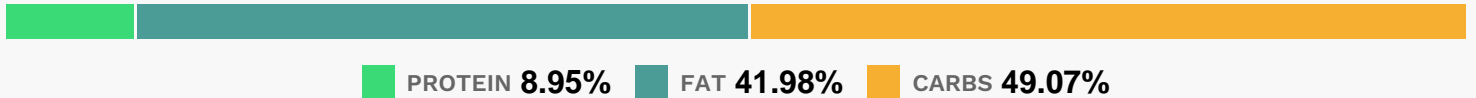
- bowl

- frying pan
- baking sheet
- oven
- blender

## Directions

- Preheat oven to 37
- Combine the milk and peanut butter in a large bowl. Beat with a mixer at high speed until creamy. Stir in the baking mix and vanilla.
- Combine.
- Coat hands lightly with cooking spray, and shape dough into 40 ping-pong-size balls and roll in sugar.
- Place cookies 2 inches apart on nonstick baking sheets.
- Bake cookies 9 minutes per batch or until lightly browned.
- Place 1 chocolate kiss in the center of each cookie. Cool on pan 3 minutes; remove cookies from pan. Cool completely on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:9.67, Glycemic Load:12.2, Inflammation Score:-2, Nutrition Score:6.6269565444926%

## Nutrients (% of daily need)

Calories: 308.34kcal (15.42%), Fat: 14.97g (23.03%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 39.35g (13.12%), Net Carbohydrates: 38.09g (13.85%), Sugar: 28.98g (32.2%), Cholesterol: 12.38mg (4.13%), Sodium: 303.63mg (13.2%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 7.18g (14.36%), Phosphorus: 204.29mg (20.43%), Calcium: 134.4mg (13.44%), Vitamin B3: 2.5mg (12.5%), Manganese: 0.25mg (12.29%), Vitamin B2: 0.21mg (12.1%), Vitamin B1: 0.13mg (8.91%), Folate: 34µg (8.5%), Vitamin E: 1.24mg (8.26%), Magnesium: 32.71mg (8.18%), Selenium: 5.67µg (8.1%), Potassium: 197.48mg (5.64%), Fiber: 1.26g (5.04%), Vitamin B5: 0.48mg (4.77%), Iron: 0.83mg (4.63%), Zinc: 0.67mg (4.49%), Copper: 0.08mg (4.16%), Vitamin B6: 0.08mg (4.15%), Vitamin B12: 0.18µg (2.98%), Vitamin A: 71.29IU (1.43%), Vitamin K: 1.24µg (1.18%)