



Muffin Top Cookies

READY IN



35 min.

SERVINGS



20

CALORIES



176 kcal

DESSERT

Ingredients

- 0.5 cup milk
- 0.3 cup vegetable oil
- 1 eggs
- 1.7 cups flour all-purpose
- 0.8 cup sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.8 cup peppermint candies white
- 0.8 cup almonds sliced

1 teaspoon shortening

Equipment

bowl

baking sheet

oven

wire rack

microwave

Directions

Heat oven to 400° F. In medium bowl, beat milk, oil and egg with fork. Stir in flour, sugar, baking powder and salt just until moistened. Stir in 1/2 cup of the baking chips and 1/2 cup of the almonds.

Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.

Bake 7 to 9 minutes or until edges are light golden brown. Cool 1 minute; remove from cookie sheet to wire rack.

Place remaining 1/4 cup baking chips and 1 teaspoon shortening in microwavable bowl. Microwave uncovered on Medium-High (70%) about 1 minute 30 seconds, stirring every 30 seconds, until chips can be stirred smooth.

Drizzle over warm muffin tops.

Sprinkle with remaining 1/4 cup almonds, pressing slightly into melted chips.

Nutrition Facts



PROTEIN 6.02% FAT 45.74% CARBS 48.24%

Properties

Glycemic Index:14.25, Glycemic Load:11.23, Inflammation Score:-1, Nutrition Score:3.5030434909074%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin:

0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 176.26kcal (8.81%), Fat: 9.2g (14.15%), Saturated Fat: 3.57g (22.34%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 21.12g (7.68%), Sugar: 13g (14.45%), Cholesterol: 8.92mg (2.97%), Sodium: 111.81mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin E: 1.23mg (8.19%), Manganese: 0.15mg (7.56%), Vitamin K: 6.87µg (6.54%), Vitamin B2: 0.11mg (6.51%), Selenium: 4.51µg (6.44%), Vitamin B1: 0.09mg (6.21%), Calcium: 56.5mg (5.65%), Folate: 21.61µg (5.4%), Phosphorus: 47.13mg (4.71%), Iron: 0.7mg (3.88%), Vitamin B3: 0.75mg (3.74%), Magnesium: 12.71mg (3.18%), Fiber: 0.71g (2.85%), Copper: 0.05mg (2.64%), Zinc: 0.23mg (1.57%), Potassium: 48.86mg (1.4%), Vitamin B5: 0.12mg (1.2%)