



Peanut Butter Spider Cookies

READY IN



60 min.

SERVINGS



36

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 0.7 oz decorating gel black
- ☐ 1 eggs
- ☐ 0.3 cup m&m candies
- ☐ 36 chocolate
- ☐ 1 pouch peanut butter sandwich cookie crumbs
- ☐ 36 servings green beans black red
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon water

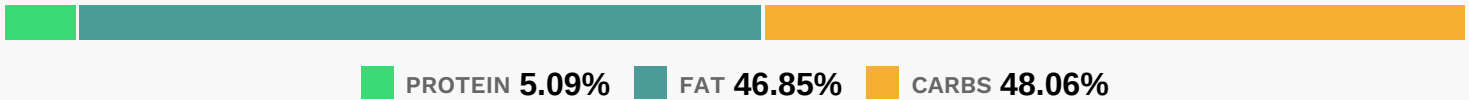
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. In medium bowl, stir cookie mix, oil, water and egg until dough forms.
- ☐ Shape dough into 36 (1-inch) balls. On ungreased cookie sheets, place 2 inches apart.
- ☐ Bake 8 to 10 minutes or until light golden brown. Immediately press 1 chewy caramel in center of each cookie. Cool 2 minutes; remove from cookie sheets to cooling racks.
- ☐ Cut licorice into 8 (2-inch) pieces for each spider. Attach legs by sticking into chewy caramel. Use M&M's minis chocolate candies for eyes and black gel to make pupils in eyes.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:7.63, Inflammation Score:-4, Nutrition Score:6.4582608562449%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 239.49kcal (11.97%), Fat: 13.61g (20.94%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 27.85g (10.13%), Sugar: 22.83g (25.36%), Cholesterol: 4.84mg (1.61%), Sodium: 124.02mg (5.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.48mg (6.16%), Protein: 3.33g (6.66%), Vitamin K: 27.5µg (26.19%), Fiber: 3.57g (14.28%), Manganese: 0.26mg (12.87%), Magnesium: 45.54mg (11.39%), Copper: 0.2mg (9.98%), Iron: 1.56mg (8.68%), Vitamin C: 6.72mg (8.15%), Vitamin A: 390.41IU (7.81%), Vitamin B2: 0.13mg (7.65%), Phosphorus: 64.48mg (6.45%), Potassium: 198.94mg (5.68%), Folate: 19.56µg (4.89%), Vitamin B6: 0.09mg (4.58%), Zinc: 0.57mg (3.79%), Vitamin B1: 0.05mg (3.41%), Calcium: 30mg (3%), Vitamin B3: 0.59mg (2.96%), Vitamin E: 0.4mg (2.69%), Selenium: 1.49µg (2.13%), Vitamin B5: 0.16mg (1.62%)