



Salted Caramel Cookie Cups

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



24

CALORIES



147 kcal

DESSERT

Ingredients

- 1.3 cups individually wrapped caramels
- 2 teaspoons sea salt for garnish
- 2 tablespoons milk
- 14 oz peanut butter refrigerated pillsbury®
- 1 tablespoon water

Equipment

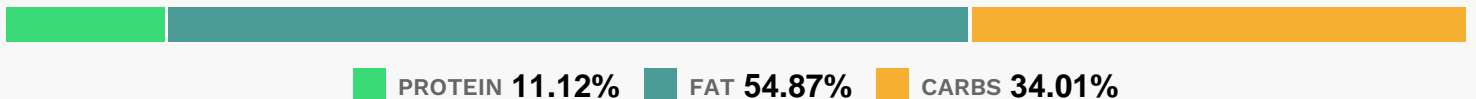
- bowl
- oven

- plastic wrap
- wooden spoon
- microwave
- muffin liners

Directions

- Heat oven to 350°F. Spray 24 mini muffin cups with cooking spray.
- Remove cookie dough rounds from tray; break each in half.
- Place half cookie dough round in each muffin cup.
- Bake 15 to 20 minutes or until golden brown.
- Using end of wooden spoon, carefully press into center of each baked cookie to make 1-inch-wide indentation.
- In medium microwavable bowl, microwave caramels and water on High 1 minute. Stir; repeat until caramels are completely melted and can be stirred smooth. Stir in milk.
- Fill each cookie cup with about 1 tablespoon melted caramel. Gently cover with plastic wrap.
- Let stand at room temperature about 1 hour or until set.
- When caramel filling is set, sprinkle a few granules of coarse sea salt on top of each.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:6.59, Inflammation Score:-2, Nutrition Score:3.712173976814%

Nutrients (% of daily need)

Calories: 146.55kcal (7.33%), Fat: 9.49g (14.6%), Saturated Fat: 2g (12.49%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 12.44g (4.52%), Sugar: 9.87g (10.96%), Cholesterol: 1.01mg (0.34%), Sodium: 295.43mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.24mg (12.22%), Vitamin B3: 2.22mg (11.1%), Vitamin E: 1.56mg (10.43%), Magnesium: 30.2mg (7.55%), Phosphorus: 71.37mg (7.14%), Vitamin B6: 0.08mg (4.05%), Vitamin B2: 0.06mg (3.82%), Folate: 14.71µg (3.68%), Copper: 0.07mg (3.6%), Potassium: 121.55mg (3.47%), Zinc: 0.48mg (3.2%), Fiber: 0.79g (3.18%), Calcium: 26.78mg (2.68%), Vitamin B5: 0.26mg (2.56%), Vitamin B1: 0.04mg (2.41%), Iron: 0.31mg (1.69%), Selenium: 0.92µg (1.32%)