



Salted Caramel-Pretzel Thumbprints

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 2 large egg yolks
- ☐ 1.8 cups flour all-purpose
- ☐ 2 tablespoons honey
- ☐ 1.5 cups broken pretzel sticks thin
- ☐ 0.5 teaspoon salt fine
- ☐ 24 servings flaky sea salt for sprinkling
- ☐ 0.7 cup sugar

- ☐ 2 sticks butter unsalted at room temperature
- ☐ 2 teaspoons vanilla extract

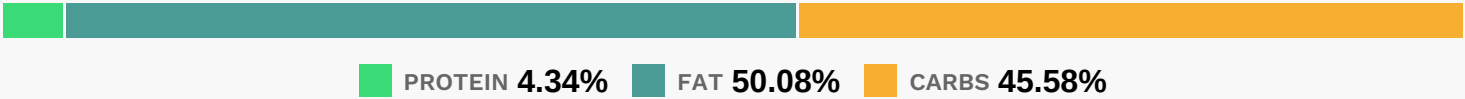
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Put 1/4 cup pretzels in a resealable plastic bag and crush into coarse crumbs with a rolling pin.
- ☐ Beat the butter and sugar in a large bowl with a mixer on medium-high speed until light and fluffy, 3 to 5 minutes.
- ☐ Whisk the egg yolks, honey, vanilla and fine salt in a medium bowl, then add to the butter mixture and beat until incorporated, scraping down the bowl as needed. Reduce the mixer speed to low; add the flour and pretzel crumbs and beat until just combined.
- ☐ Put the remaining 1 1/4 cups pretzels in the resealable bag and roughly crush with the rolling pin; spread on a rimmed baking sheet. Drop tablespoonfuls of dough on top and roll into balls, pressing so the pretzels adhere. Refrigerate until firm, about 30 minutes.
- ☐ Position racks in the upper and lower thirds of the oven and preheat to 325 degrees F. Line 2 baking sheets with parchment paper. Arrange the cookies about 1 1/2 inches apart on the prepared baking sheets; make a deep indentation in each with your thumb.
- ☐ Bake, switching the position of the pans halfway through, until lightly golden, 15 to 18 minutes. Re-indent with the back of a teaspoon, if necessary.
- ☐ Let cool 3 minutes on the baking sheets, then transfer to racks to cool completely. Fill each indentation with dulce de leche and sprinkle with sea salt.
- ☐ Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:13.43, Glycemic Load:11.9, Inflammation Score:-2, Nutrition Score:2.354782588132%

Nutrients (% of daily need)

Calories: 146.37kcal (7.32%), Fat: 8.22g (12.65%), Saturated Fat: 5g (31.25%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 16.47g (5.99%), Sugar: 7.14g (7.93%), Cholesterol: 35.55mg (11.85%), Sodium: 287.69mg (12.51%), Alcohol: 0.11g (100%), Alcohol %: 0.4% (100%), Protein: 1.6g (3.2%), Folate: 25.4µg (6.35%), Selenium: 4.18µg (5.97%), Vitamin B1: 0.09mg (5.96%), Vitamin A: 255.75IU (5.12%), Manganese: 0.1mg (4.95%), Vitamin B2: 0.07mg (4.08%), Vitamin B3: 0.73mg (3.65%), Iron: 0.64mg (3.54%), Phosphorus: 22.2mg (2.22%), Vitamin E: 0.28mg (1.85%), Fiber: 0.37g (1.47%), Vitamin D: 0.22µg (1.45%), Copper: 0.02mg (1.13%), Vitamin B5: 0.11mg (1.06%)