



Salted Caramel Shortbread Cookies

READY IN



165 min.

SERVINGS



36

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 1.5 cups butter unsalted softened
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 3.5 cups flour all-purpose
- ☐ 14 oz individually wrapped caramels
- ☐ 2 tablespoons milk
- ☐ 4 oz bittersweet chocolate chopped
- ☐ 1 tablespoon butter
- ☐ 1 teaspoons coarse salt (kosher or sea)

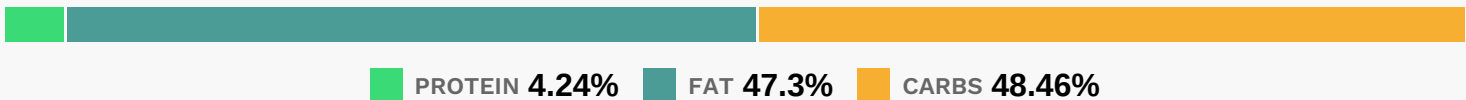
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. In large bowl, beat 1 1/2 cups butter with electric mixer on high speed until creamy. Beat in sugar and vanilla. On low speed, beat in flour until blended.
- ☐ Divide dough in half. Between 2 sheets of waxed paper, roll 1 portion of dough to 1/4-inch thickness.
- ☐ Cut with 2 1/2-inch round cookie cutter. On ungreased cookie sheet, place cutouts about 2 inches apart. Repeat with second portion of dough.
- ☐ Bake 12 to 14 minutes or until set and just barely light golden (do not overbake).
- ☐ Remove from cookie sheets to cooling racks; cool completely.
- ☐ In medium microwavable bowl, microwave caramels and milk uncovered on High 2 minutes 30 seconds, stirring every 30 seconds, until melted and smooth. Frost each cookie with about 1 rounded teaspoon caramel mixture.
- ☐ In small microwavable bowl, melt chocolate and 1 tablespoon butter uncovered on High 1 minute 30 seconds, stirring every 30 seconds, until melted and smooth.
- ☐ Drizzle chocolate over caramel on each cookie.
- ☐ Sprinkle generously with salt.
- ☐ Let stand until set.

Nutrition Facts



Properties

Glycemic Index:8.28, Glycemic Load:15.15, Inflammation Score:-2, Nutrition Score:3.0160869406941%

Nutrients (% of daily need)

Calories: 192.06kcal (9.6%), Fat: 10.25g (15.76%), Saturated Fat: 6.06g (37.88%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 23.04g (8.38%), Sugar: 12.63g (14.03%), Cholesterol: 22.23mg (7.41%), Sodium: 96.07mg (4.18%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.07g (4.13%), Vitamin B1: 0.11mg (7.25%), Selenium: 4.72µg (6.75%), Manganese: 0.13mg (6.34%), Folate: 22.98µg (5.74%), Vitamin B2: 0.1mg (5.6%), Vitamin A: 253.64IU (5.07%), Iron: 0.78mg (4.35%), Vitamin B3: 0.77mg (3.83%), Phosphorus: 37.09mg (3.71%), Copper: 0.06mg (3.04%), Magnesium: 10.4mg (2.6%), Fiber: 0.58g (2.32%), Calcium: 22.47mg (2.25%), Vitamin E: 0.31mg (2.04%), Potassium: 58.33mg (1.67%), Zinc: 0.23mg (1.53%), Vitamin B5: 0.14mg (1.45%), Vitamin K: 1.15µg (1.1%), Vitamin D: 0.15µg (1.01%)