



Simple Turtle Cookie Cups

READY IN



75 min.

SERVINGS



36

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 36 rolos
- ☐ 1 pouch basic cookie mix chunk (1 lb 1.5 oz)
- ☐ 1 eggs
- ☐ 36 pecans
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon water

Equipment

- ☐ bowl

- ☐ oven
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ Heat oven to 375F.
- ☐ Place miniature paper baking cups in each of 36 mini muffin cups.
- ☐ In large bowl stir cookie mix, oil, water, and egg until soft dough forms. Shape dough into 36 (1-1/4 inch) balls; place in muffin cups.
- ☐ Bake 8 to 9 minutes or until edges are set. Immediately press one milk chocolate-covered caramel into center of each cookie cup. Cool two minutes. Top with pecan halves. Cool completely, about 30 minutes.
- ☐ Remove from pans with narrow spatula.

Nutrition Facts



Properties

Glycemic Index:0.28, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.83043478688468%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 109.81kcal (5.49%), Fat: 5.01g (7.71%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 14.23g (5.17%), Sugar: 10.38g (11.54%), Cholesterol: 5.27mg (1.76%), Sodium: 27.5mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Manganese: 0.06mg (3.17%), Vitamin K: 2.33µg (2.22%), Fiber: 0.54g (2.15%), Vitamin E: 0.19mg (1.27%), Vitamin B2: 0.02mg (1.09%), Phosphorus: 10.56mg (1.06%), Calcium: 10.38mg (1.04%)