



Spumoni Chunk Cookies

 Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



205 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter softened
- 1 eggs
- 1 cup cherries dried coarsely chopped
- 1 cup bittersweet chocolate
- 1 cup pistachios salted coarsely chopped

Equipment

- bowl

baking sheet

oven

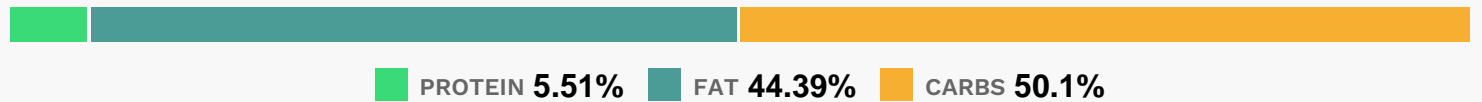
Directions

Heat oven to 375°F. In large bowl, stir cookie mix, butter and egg until soft dough forms. Stir in cherries, chocolate chunks and nuts.

On ungreased cookie sheets, drop dough by heaping tablespoonfuls (or use level 3 tablespoon-size scoop) about 2 inches apart.

Bake 10 to 12 minutes or until edges are golden brown. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely.

Nutrition Facts



Properties

Glycemic Index:0.75, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:3.0904347579116%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 204.92kcal (10.25%), Fat: 10.22g (15.72%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 24.36g (8.86%), Sugar: 15.28g (16.98%), Cholesterol: 7.26mg (2.42%), Sodium: 107.85mg (4.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.27mg (2.09%), Protein: 2.85g (5.71%), Copper: 0.16mg (7.95%), Manganese: 0.16mg (7.93%), Vitamin A: 383.27IU (7.67%), Fiber: 1.59g (6.35%), Phosphorus: 48.79mg (4.88%), Magnesium: 19.4mg (4.85%), Iron: 0.85mg (4.72%), Vitamin B6: 0.09mg (4.66%), Vitamin B1: 0.06mg (4.04%), Potassium: 98.39mg (2.81%), Zinc: 0.33mg (2.2%), Selenium: 1.53µg (2.19%), Vitamin E: 0.33mg (2.18%), Folate: 6.83µg (1.71%), Vitamin B2: 0.03mg (1.7%), Calcium: 16.89mg (1.69%), Vitamin B3: 0.21mg (1.06%)