



Spumoni Chunk Cookies

 Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 cup bittersweet chocolate
- ☐ 1 cup cherries dried coarsely chopped
- ☐ 1 cup roasted sunflower seeds salted coarsely chopped
- ☐ 1 eggs
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz)

Equipment

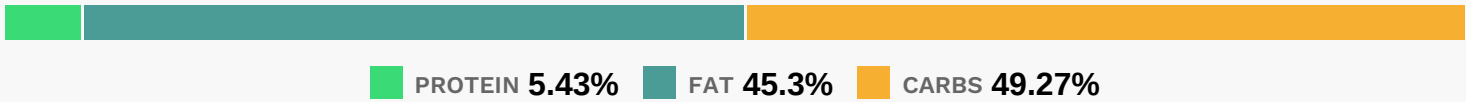
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. 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, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.1765217065163%

Nutrients (% of daily need)

Calories: 207.14kcal (10.36%), Fat: 10.55g (16.23%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 24.27g (8.83%), Sugar: 15.03g (16.7%), Cholesterol: 7.26mg (2.42%), Sodium: 127.41mg (5.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.27mg (2.09%), Protein: 2.85g (5.69%), Vitamin E: 1.6mg (10.67%), Manganese: 0.21mg (10.48%), Copper: 0.19mg (9.5%), Phosphorus: 85.28mg (8.53%), Selenium: 5.4µg (7.72%), Vitamin A: 362.48IU (7.25%), Fiber: 1.54g (6.15%), Magnesium: 20.08mg (5.02%), Iron: 0.85mg (4.73%), Vitamin B5: 0.43mg (4.3%), Folate: 16.86µg (4.21%), Zinc: 0.5mg (3.33%), Vitamin B3: 0.52mg (2.61%), Potassium: 91.19mg (2.61%), Vitamin B6: 0.05mg (2.45%), Vitamin B2: 0.03mg (1.99%), Calcium: 15.24mg (1.52%), Vitamin B1: 0.02mg (1.44%)