



Strawberry-Salted Caramel-Molasses Cookies

READY IN



55 min.

SERVINGS



24

CALORIES



166 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 1 cup individually wrapped caramels
- 24 servings sea salt
- 1 pouch basic cookie mix betty crocker®
- 1 eggs
- 12 strawberries fresh halved
- 1 tablespoon water

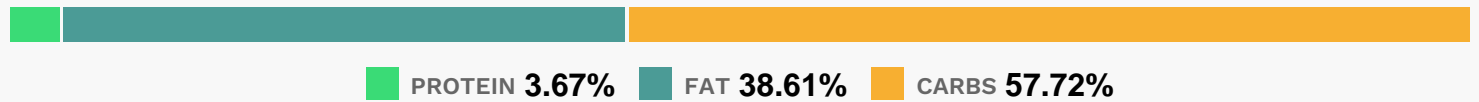
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375°F (or 350°F for dark or nonstick cookie sheet).
- In medium bowl, stir butter, water and egg until well blended. Stir in cookie mix to form soft dough.
- Onto ungreased cookie sheets, drop dough by rounded tablespoons 2 inches apart.
- Bake 11 to 13 minutes or until light golden brown. Cool on cookie sheets 1 minute.
- Remove from cookie sheets to cooling racks. Cool completely, about 15 minutes.
- Spread caramel dip onto tops of cookies. Top each with strawberry half; sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:5.07, Inflammation Score:-1, Nutrition Score:1.2465217443912%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 166.01kcal (8.3%), Fat: 7.07g (10.88%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 23.15g (8.42%), Sugar: 16.49g (18.33%), Cholesterol: 17.68mg (5.89%), Sodium: 272.74mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin C: 3.57mg (4.32%), Vitamin A: 132.94IU

(2.66%), Fiber: 0.64g (2.58%), Vitamin B2: 0.04mg (2.49%), Phosphorus: 17.44mg (1.74%), Calcium: 16.86mg (1.69%), Vitamin E: 0.19mg (1.28%), Manganese: 0.03mg (1.26%), Potassium: 43.28mg (1.24%), Vitamin B1: 0.02mg (1.22%), Selenium: 0.81µg (1.16%), Vitamin B5: 0.1mg (1.02%)