



Sweetheart Cookies

READY IN



60 min.

SERVINGS



36

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 1 serving eggs for on cookie mix pouch
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons granulated sugar white
- ☐ 3 tablespoons pink lady apples
- ☐ 1 tablespoon coffee instant
- ☐ 36 chocolate
- ☐ 36 chocolate

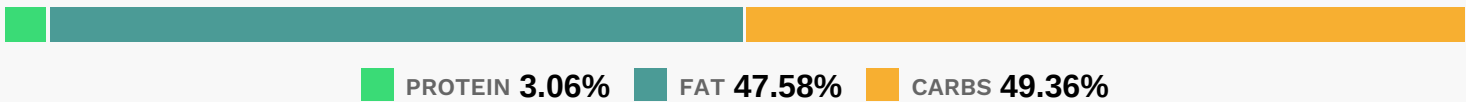
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Make cookie dough as directed on package, stirring in flour.
- ☐ Roll dough into 36 (1-inch) balls.
- ☐ Combine sugars and coffee powder in small bowl.
- ☐ Roll balls in sugar-coffee mixture.
- ☐ Place about 2 inches apart on ungreased cookie sheet.
- ☐ Bake at 375°F 7 to 9 minutes or until set. Immediately press 1 chocolate-striped candy into center of each cookie. Allow to stand about 5 minutes until soft; press lightly. Top melted candy with chocolate candy.
- ☐ If desired, reverse the candies on the cookies. Cool; place on cooling racks. Cool completely.

Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:14.07, Inflammation Score:-2, Nutrition Score:4.8939130594549%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 346.31kcal (17.32%), Fat: 20.02g (30.8%), Saturated Fat: 11.28g (70.53%), Carbohydrates: 46.74g (15.58%), Net Carbohydrates: 43.61g (15.86%), Sugar: 36.35g (40.39%), Cholesterol: 4.55mg (1.52%), Sodium: 50.15mg (2.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 41.32mg (13.77%), Protein: 2.89g (5.79%), Copper: 0.32mg (16.18%), Magnesium: 64.03mg (16.01%), Manganese: 0.28mg (14.13%), Fiber: 3.12g (12.48%), Iron: 1.64mg

(9.13%), Vitamin B2: 0.15mg (8.67%), Phosphorus: 85.75mg (8.57%), Zinc: 0.86mg (5.73%), Potassium: 170.79mg (4.88%), Vitamin K: 3.56µg (3.39%), Selenium: 2.11µg (3.01%), Vitamin B3: 0.5mg (2.48%), Vitamin B1: 0.02mg (1.56%), Calcium: 14.47mg (1.45%), Vitamin B6: 0.03mg (1.34%), Folate: 5.26µg (1.31%), Vitamin E: 0.16mg (1.07%)