



Tarantula Cookies

READY IN



45 min.

SERVINGS



25

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 0.5 cup brown sugaar light
- ☐ 25 servings mint
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 25 servings candies red
- ☐ 11.5 ounces milk chocolate chips

- ☐ 8 ounces short pretzel sticks thin
- ☐ 0.5 teaspoon salt
- ☐ 10 tablespoons butter unsalted softened
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil

Equipment

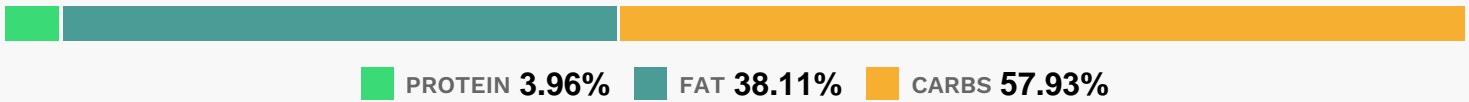
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ double boiler
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula

Directions

- ☐ Preheat oven to 350°F.
- ☐ In a medium mixing bowl, combine the flour, baking powder, salt, and baking soda. Set aside.
- ☐ In a large mixing bowl, beat together the butter, brown sugar, and granulated sugar until light and fluffy.
- ☐ Add the egg and vanilla and beat until well blended.
- ☐ Gradually add the flour mixture and cocoa powder. Beat to form a smooth dough.
- ☐ Roll a tablespoon-sized ball of dough, and place it on a baking sheet. Arrange eight pretzel sticks around the ball like spokes on a wheel. Press the tips of the pretzel sticks firmly into the dough ball. Continue with the rest of the pretzels and dough.
- ☐ Bake until cookies start to brown around edges, about 7–10 minutes.
- ☐ Lift the cookies from the baking sheets with a spatula, and place on wire cooling racks.
- ☐ Let cool completely.

- ☐ Place the racks on sheets of aluminium foil or waxed paper.
- ☐ In a double boiler (or the microwave), melt the chocolate chips with vegetable oil.
- ☐ Pour the melted chocolate over each cookie. Coat with chocolate sprinkles. Press in two red candy eyes on the front of the head. Eeek!
- ☐ From The Secret Life of Food
- ☐ Published by Hyperion/Melcher Media , Reprinted with permission from Melcher Media

Nutrition Facts



Properties

Glycemic Index:15.15, Glycemic Load:14.36, Inflammation Score:-2, Nutrition Score:4.1430434791938%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 329.2kcal (16.46%), Fat: 14.07g (21.65%), Saturated Fat: 8.18g (51.13%), Carbohydrates: 48.15g (16.05%), Net Carbohydrates: 46.88g (17.05%), Sugar: 28.19g (31.33%), Cholesterol: 20.84mg (6.95%), Sodium: 186.74mg (8.12%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Protein: 3.29g (6.58%), Manganese: 0.31mg (15.59%), Folate: 36.6µg (9.15%), Vitamin B1: 0.13mg (8.93%), Iron: 1.23mg (6.84%), Selenium: 4.45µg (6.36%), Vitamin B3: 1.25mg (6.23%), Vitamin B2: 0.09mg (5.45%), Fiber: 1.26g (5.04%), Phosphorus: 41.97mg (4.2%), Calcium: 39.53mg (3.95%), Vitamin A: 183.05IU (3.66%), Magnesium: 12.63mg (3.16%), Copper: 0.06mg (2.84%), Vitamin K: 2.69µg (2.56%), Potassium: 88.53mg (2.53%), Zinc: 0.3mg (1.98%), Vitamin E: 0.29mg (1.91%), Vitamin B6: 0.03mg (1.71%), Vitamin B5: 0.17mg (1.65%)