



## Turtle Cookie Balls

READY IN



100 min.

SERVINGS



40

CALORIES



123 kcal

DESSERT

### Ingredients

- 3 Tbsp caramel ice cream topping
- 8 oz philadelphia cream cheese softened
- 0.3 cup planters pecans chopped
- 16 oz baker's semi-sweet chocolate melted
- 2.3 cups vanilla wafers crushed finely

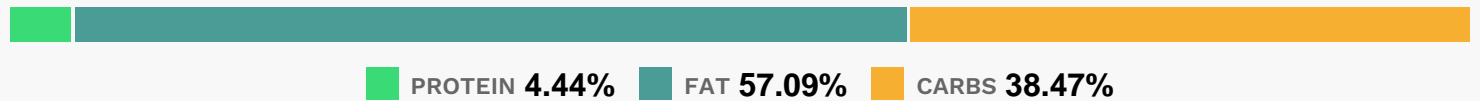
### Equipment

- frying pan

## Directions

- Mix first 3 ingredients until blended.
- Shape into 42 (1-inch) balls. Freeze 10 min. Dip balls in melted chocolate; place in single layer in shallow waxed paper-lined pan.
- Sprinkle with nuts.
- Refrigerate 1 hour or until firm.

## Nutrition Facts



## Properties

Glycemic Index:2.85, Glycemic Load:3.63, Inflammation Score:-1, Nutrition Score:2.3869565357657%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

## Nutrients (% of daily need)

Calories: 122.74kcal (6.14%), Fat: 7.86g (12.09%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 10.85g (3.95%), Sugar: 7.3g (8.12%), Cholesterol: 6.47mg (2.16%), Sodium: 49.98mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 1.37g (2.75%), Manganese: 0.18mg (8.97%), Copper: 0.15mg (7.5%), Magnesium: 21.29mg (5.32%), Fiber: 1.06g (4.23%), Iron: 0.74mg (4.1%), Phosphorus: 40.56mg (4.06%), Vitamin B1: 0.04mg (2.4%), Zinc: 0.36mg (2.38%), Potassium: 80.72mg (2.31%), Selenium: 1.48µg (2.12%), Vitamin B2: 0.03mg (2.01%), Vitamin A: 83.55IU (1.67%), Folate: 6.32µg (1.58%), Calcium: 13.72mg (1.37%), Vitamin B3: 0.27mg (1.37%)