



## Turtle Shortbread Cookies (Cookie Exchange Quantity)

READY IN



110 min.

SERVINGS



72

CALORIES



113 kcal

DESSERT

### Ingredients

- 1.5 cups stick margarine softened
- 0.5 cup sugar
- 1 teaspoon almond extract
- 4 cups flour all-purpose
- 0.5 teaspoon salt
- 24 individually wrapped caramels
- 6 oz semi chocolate chips (1 cup)
- 2 teaspoons shortening

- 1 cup pecans chopped
- 72 cashew pieces

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- wire rack
- microwave

## Directions

- Heat oven to 350°F. In large bowl, mix butter, sugar and almond extract. Stir in flour and salt. (If dough is crumbly, mix in 1 to 2 tablespoons additional softened butter or stick margarine.)
- Divide dough into 12 equal parts.
- Roll each part into 1/4-inch thick circle. (If dough is sticky, chill about 15 minutes.)
- Cut each circle into 6 wedges.
- Place wedges 1 inch apart on ungreased cookie sheet.
- Bake 8 to 10 minutes or until set. Immediately remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- Meanwhile, in 1-quart saucepan, heat caramels over medium heat about 10 minutes, stirring frequently, until melted. In small microwavable bowl, microwave chocolate chips and shortening uncovered on High 1 to 3 minutes, stirring halfway through heating time, until melted and thin enough to drizzle.
- Dip 2 straight edges of each cookie into melted caramel, then into chopped pecans. (If caramel thickens, add up to 1 teaspoon water and heat over low heat, stirring constantly, until caramel softens.)
- Place a dot of melted chocolate on top of each cookie; place pecan half on chocolate.
- Drizzle remaining chocolate on tops of cookies.

## Nutrition Facts



■ PROTEIN 5.14% ■ FAT 55.76% ■ CARBS 39.1%

## Properties

Glycemic Index:3.41, Glycemic Load:6.58, Inflammation Score:-2, Nutrition Score:2.4073913043932%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

## Nutrients (% of daily need)

Calories: 112.6kcal (5.63%), Fat: 7.1g (10.92%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 10.63g (3.87%), Sugar: 4.61g (5.12%), Cholesterol: 0.38mg (0.13%), Sodium: 71.38mg (3.1%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 1.47g (2.94%), Manganese: 0.17mg (8.61%), Vitamin B1: 0.08mg (5.04%), Copper: 0.09mg (4.57%), Selenium: 2.98µg (4.25%), Vitamin A: 179.74IU (3.59%), Iron: 0.62mg (3.42%), Folate: 13.6µg (3.4%), Phosphorus: 31.67mg (3.17%), Magnesium: 12.62mg (3.15%), Vitamin B2: 0.05mg (2.88%), Vitamin B3: 0.47mg (2.35%), Fiber: 0.57g (2.29%), Zinc: 0.28mg (1.88%), Vitamin E: 0.23mg (1.53%), Potassium: 46.25mg (1.32%), Calcium: 10.23mg (1.02%)