



Turtle Tassies

READY IN



100 min.

SERVINGS



48

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 1 serving eggs for on cookie mix pouch
- ☐ 0.8 cup chocolate chips dark
- ☐ 28 oz individually wrapped caramels
- ☐ 0.3 cup whipping cream
- ☐ 0.5 cup pecans chopped

Equipment

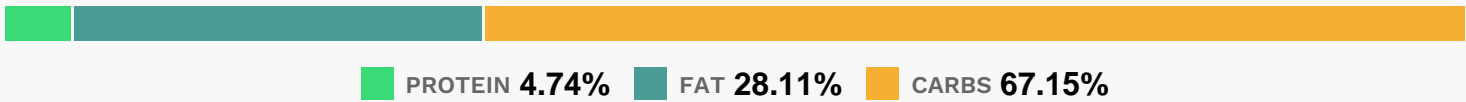
- ☐ sauce pan

- ☐ oven
- ☐ wooden spoon
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F. Lightly spray 48 mini muffin cups with cooking spray.
- ☐ Make dough as directed on cookie pouch. Shape dough into 48 (1-inch) balls. Press 1 ball into bottom of each muffin cup, pressing up sides to fill cups.
- ☐ Bake 8 to 9 minutes or until edges begin to brown. Meanwhile, in 3-quart saucepan, heat caramels and cream over medium heat, stirring frequently, until melted. Reduce heat to low.
- ☐ Remove pans from oven; gently press end of wooden spoon into bottoms and against sides of cookie cups to flatten, being careful not to make holes in dough.
- ☐ Bake 2 to 3 minutes longer or until edges are light golden brown. Immediately spoon 1/2 teaspoon (about
- ☐ chocolate chips into each cookie cup.
- ☐ Spoon about 1 tablespoon caramel mixture into each cookie cup. Immediately top with chopped pecans. Cool 5 minutes; remove from pans with narrow spatula.

Nutrition Facts



Properties

Glycemic Index:1.56, Glycemic Load:8.28, Inflammation Score:-1, Nutrition Score:1.3604347728517%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg 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: 133.74kcal (6.69%), Fat: 4.28g (6.59%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 22.8g (8.29%), Sugar: 16.68g (18.54%), Cholesterol: 6.46mg (2.15%), Sodium: 74.8mg (3.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.25%), Vitamin B2: 0.06mg (3.51%), Calcium: 33.74mg (3.37%), Manganese: 0.06mg (2.86%), Phosphorus: 28.31mg (2.83%), Vitamin B1: 0.03mg (2.28%), Potassium: 60.68mg (1.73%), Zinc: 0.24mg (1.6%), Vitamin B5: 0.15mg (1.52%), Magnesium: 5.42mg (1.36%), Selenium: 0.82µg (1.17%), Vitamin B12: 0.07µg (1.14%), Copper: 0.02mg (1.13%), Vitamin E: 0.16mg (1.07%)