



2 Ingredient Soft Thin Mint Cookies



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



22 kcal

DESSERT

Ingredients



20 mints crushed finely thin



1 large eggs

Equipment



bowl



baking sheet



baking paper



oven

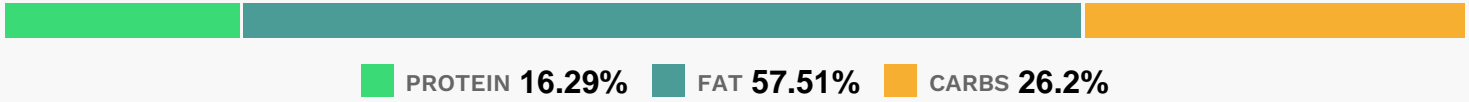


whisk

Directions

- ☐ Preheat oven to 350F. Line two baking sheets with Silpat mat or parchment paper.
- ☐ Whisk egg in a bowl.
- ☐ Add in crushed Thin Mints, mix with a spoon until egg fully coats all the cookie crumbs. This will be a little messy. Take 2 tbsp of dough and compact between hands and form a ball.
- ☐ Place onto baking sheet and gently smash down to form a round disk about 1/3 inch thick. Repeat with remaining dough, placing cookies about 2 inches apart.
- ☐ Bake for 9-10 minutes until cookies are puffed and set.
- ☐ Let cookies cool on tray before removing and eating.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.6186956513835%

Nutrients (% of daily need)

Calories: 21.94kcal (1.1%), Fat: 1.44g (2.21%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.41g (0.51%), Sugar: 1.32g (1.47%), Cholesterol: 23.25mg (7.75%), Sodium: 10.18mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Selenium: 1.92µg (2.74%), Vitamin B2: 0.03mg (1.68%), Iron: 0.24mg (1.33%), Phosphorus: 12.38mg (1.24%)