

Addictive Double Chocolate Mint Cookies

READY IN



40 min.

SERVINGS



36

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.8 cup butter softened
- ☐ 1 cup chocolate chips
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon mint extract
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

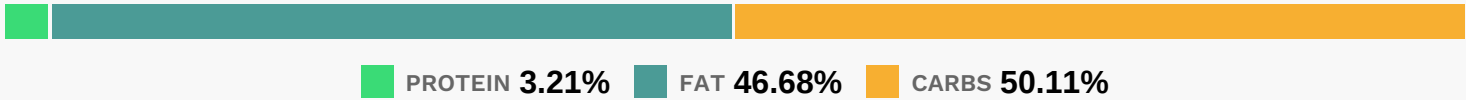
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat butter, white sugar, and brown sugar in a large bowl until fluffy. Stir egg, vanilla extract, and mint into the mixture until thoroughly combined.
- ☐ Mix flour, cocoa powder, baking soda, and salt into wet ingredients to make a smooth dough. Gently fold chocolate chips into the dough. Drop by spoonfuls onto baking sheets.
- ☐ Bake in the preheated oven until cookies are set, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:4.82, Inflammation Score:-1, Nutrition Score:1.342173891223%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 103.92kcal (5.2%), Fat: 5.52g (8.5%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 12.98g (4.72%), Sugar: 8.65g (9.61%), Cholesterol: 14.71mg (4.9%), Sodium: 79.83mg (3.47%), Alcohol: 0.08g (100%), Alcohol %: 0.42% (100%), Protein: 0.85g (1.71%), Selenium: 2.33µg (3.32%), Manganese: 0.06mg (3.07%), Vitamin B1: 0.04mg (2.81%), Folate: 10.47µg (2.62%), Vitamin A: 124.78IU (2.5%), Iron: 0.37mg (2.06%), Vitamin B2: 0.04mg (2.06%), Vitamin B3: 0.33mg (1.64%), Copper: 0.03mg (1.64%), Fiber: 0.36g (1.45%), Phosphorus: 13.7mg (1.37%), Magnesium: 4.67mg (1.17%), Potassium: 36.21mg (1.03%)