



Bavarian Mints

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



530 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 cups milk chocolate chips
- ☐ 1 teaspoon peppermint extract
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 ounce chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract

Equipment

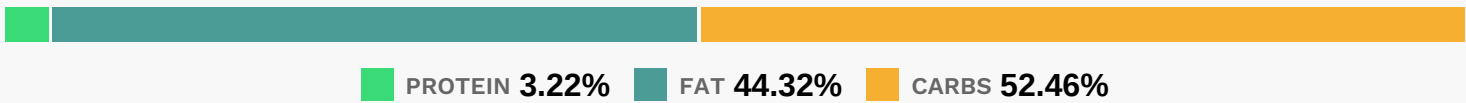
- ☐ frying pan

- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Butter an 8x8 inch dish.
- ☐ In a medium saucepan over low heat, combine milk chocolate chips, unsweetened chocolate and butter.
- ☐ Heat until melted and smooth, stirring occasionally.
- ☐ Remove from heat and stir in condensed milk, peppermint extract and vanilla extract.
- ☐ Beat with an electric mixer at a low speed for 1 minute, then at a high speed for 1 minute. Chill mixture for 15 minutes, beating by hand every 5 minutes. Beat again with electric mixer two minutes more.
- ☐ Pour into prepared pan and chill until firm.
- ☐ Cut into 1/2 inch squares.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:16.46, Inflammation Score:-1, Nutrition Score:5.3026086713957%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 529.93kcal (26.5%), Fat: 26.87g (41.35%), Saturated Fat: 16.83g (105.16%), Carbohydrates: 71.57g (23.86%), Net Carbohydrates: 70.98g (25.81%), Sugar: 65.72g (73.02%), Cholesterol: 20.63mg (6.88%), Sodium: 75.2mg (3.27%), Alcohol: 0.34g (100%), Alcohol %: 0.35% (100%), Protein: 4.4g (8.79%), Calcium: 193.22mg (19.32%), Phosphorus: 140.17mg (14.02%), Vitamin B2: 0.21mg (12.44%), Potassium: 408.23mg (11.66%), Selenium: 7.65µg (10.92%), Manganese: 0.15mg (7.65%), Magnesium: 24.64mg (6.16%), Copper: 0.12mg (6.14%), Zinc: 0.81mg (5.4%), Iron: 0.71mg (3.96%), Vitamin B5: 0.38mg (3.8%), Vitamin B12: 0.22µg (3.69%), Vitamin A: 176.2IU (3.52%), Vitamin B1: 0.05mg (3.34%), Fiber: 0.59g (2.35%), Folate: 6.5µg (1.63%), Vitamin C: 1.29mg (1.56%), Vitamin B6: 0.03mg (1.33%)