



Butter Mints

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



2763 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 8 ounce cream cheese
- 0.3 teaspoon peppermint extract
- 16 ounce powdered sugar
- 0.1 teaspoon vanilla extract

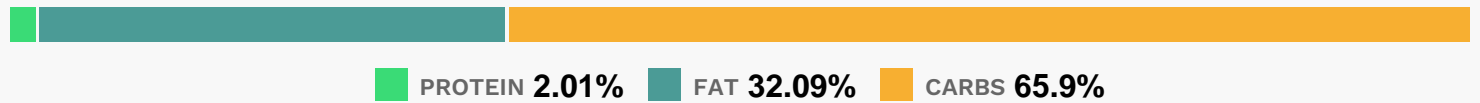
Equipment

- sauce pan

Directions

- Melt cream cheese and butter in large saucepan over low heat, stirring constantly until smooth. Gradually stir in powdered sugar; add peppermint and vanilla extracts, stirring until well blended.
- Divide cream cheese mixture into 10 (1/4-cup) portions; roll each into a 12-inch rope.
- Cut into 1/2-inch pieces.
- Let stand, uncovered, 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:3.39, Inflammation Score:-9, Nutrition Score:12.408695899922%

Nutrients (% of daily need)

Calories: 2763.34kcal (138.17%), Fat: 100.73g (154.96%), Saturated Fat: 60.21g (376.28%), Carbohydrates: 465.41g (155.14%), Net Carbohydrates: 465.41g (169.24%), Sugar: 452.35g (502.61%), Cholesterol: 289.26mg (96.42%), Sodium: 901.39mg (39.19%), Alcohol: 0.52g (100%), Alcohol %: 0.09% (100%), Protein: 14.19g (28.37%), Vitamin A: 3745.59IU (74.91%), Vitamin B2: 0.62mg (36.4%), Selenium: 22.51µg (32.15%), Phosphorus: 249.48mg (24.95%), Calcium: 231.41mg (23.14%), Vitamin E: 2.6mg (17.33%), Vitamin B5: 1.32mg (13.24%), Vitamin B12: 0.55µg (9.11%), Potassium: 317.38mg (9.07%), Zinc: 1.21mg (8.04%), Vitamin B6: 0.13mg (6.41%), Vitamin K: 6.72µg (6.4%), Folate: 21.25µg (5.31%), Magnesium: 21.15mg (5.29%), Copper: 0.07mg (3.68%), Vitamin B1: 0.05mg (3.58%), Iron: 0.53mg (2.94%), Manganese: 0.05mg (2.33%), Vitamin B3: 0.22mg (1.12%)