



WHATShEATE



Chocolate Chip Peppermint Cookies

READY IN



50 min.

SERVINGS



30

CALORIES



129 kcal

DESSERT

Ingredients

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

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

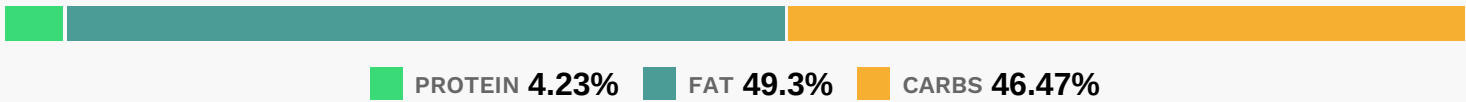
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together butter, white sugar, and brown sugar until light and fluffy. Beat in egg, then stir in vanilla and peppermint extracts.
- ☐ Combine flour, cocoa powder, baking soda, and salt; gradually stir into the creamed mixture.
- ☐ Mix in the chocolate chips. Drop by rounded spoonfuls onto the prepared cookie sheets.
- ☐ Bake for 12 to 15 minutes in the preheated oven. Allow cookies to cool on cookie sheets for 5 minutes before transferring to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:5.78, Inflammation Score:-2, Nutrition Score:2.4747826178437%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 129.45kcal (6.47%), Fat: 7.21g (11.09%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.38g (5.23%), Sugar: 9.16g (10.18%), Cholesterol: 18.02mg (6.01%), Sodium: 96.39mg (4.19%), Alcohol: 0.09g (100%), Alcohol %: 0.42% (100%), Caffeine: 6.81mg (2.27%), Protein: 1.39g (2.78%), Manganese:

0.15mg (7.66%), Copper: 0.11mg (5.71%), Selenium: 3.3µg (4.71%), Iron: 0.82mg (4.58%), Magnesium: 16.16mg (4.04%), Fiber: 0.91g (3.66%), Vitamin B1: 0.05mg (3.5%), Phosphorus: 32.04mg (3.2%), Folate: 12.56µg (3.14%), Vitamin A: 152.74IU (3.05%), Vitamin B2: 0.05mg (2.65%), Vitamin B3: 0.44mg (2.22%), Zinc: 0.28mg (1.85%), Potassium: 60.33mg (1.72%), Vitamin E: 0.19mg (1.25%), Calcium: 10.88mg (1.09%)