

Chocolate-Chocolate Chip-Peppermint Cookies



Dairy Free

Image not found or type unknown

READY IN

ready

45 min.

SERVINGS

servings

30

CALORIES

calories

175 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups firmly brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup cocoa
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 cup coarsely peppermint candy crushed 8 large candy canes

- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup semisweet chocolate morsels
- ☐ 0.3 cup shortening
- ☐ 0.5 cup sugar
- ☐ 1.5 teaspoons vanilla extract

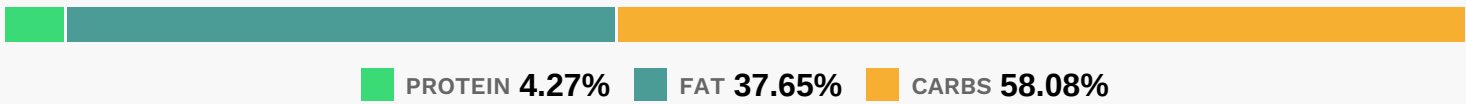
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter and shortening at medium speed with an electric mixer until creamy; gradually add sugars, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition. Stir in vanilla.
- ☐ Combine flour and next 3 ingredients; add to butter mixture, beating until blended.
- ☐ Fold in chocolate morsels and crushed peppermint candy; drop dough by rounded tablespoonfuls, 3 inches apart, onto lightly greased baking sheets.
- ☐ Bake at 350 for 12 to 14 minutes (do not overbake).
- ☐ Transfer to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:6.35, Inflammation Score:-1, Nutrition Score:2.6421739355378%

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: 175.03kcal (8.75%), Fat: 7.5g (11.53%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 26.02g (8.67%), Net Carbohydrates: 25.2g (9.16%), Sugar: 19.08g (21.2%), Cholesterol: 12.67mg (4.22%), Sodium: 124.8mg (5.43%), Alcohol: 0.07g (100%), Alcohol %: 0.22% (100%), Caffeine: 5.52mg (1.84%), Protein: 1.91g (3.82%), Manganese: 0.15mg (7.28%), Selenium: 4.13µg (5.9%), Copper: 0.1mg (5.09%), Iron: 0.86mg (4.79%), Vitamin B1: 0.06mg (4.07%), Folate: 15.27µg (3.82%), Magnesium: 14.57mg (3.64%), Vitamin B2: 0.06mg (3.34%), Fiber: 0.82g (3.29%), Phosphorus: 32.32mg (3.23%), Calcium: 25.35mg (2.53%), Vitamin B3: 0.5mg (2.5%), Potassium: 64.61mg (1.85%), Zinc: 0.27mg (1.77%), Vitamin A: 87.91IU (1.76%), Vitamin E: 0.23mg (1.53%), Vitamin B5: 0.13mg (1.26%), Vitamin K: 1.28µg (1.22%)