



## Chocolate Covered Peppermint Patties



Gluten Free



Low Fod Map

READY IN



530 min.

SERVINGS



48

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 8 cups confectioners' sugar
- ☐ 2 teaspoons peppermint extract
- ☐ 1 cup potatoes mashed
- ☐ 1 teaspoon salt
- ☐ 1 ounce bittersweet chocolate
- ☐ 2 tablespoons shortening

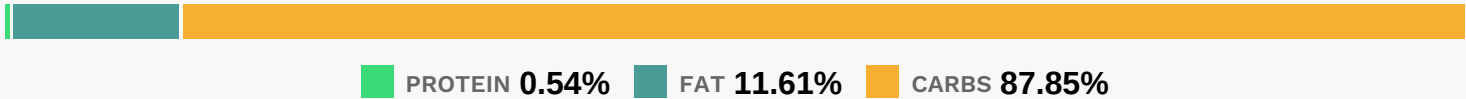
### Equipment

- ☐ bowl
- ☐ wax paper
- ☐ microwave

## Directions

- ☐ In a large bowl, mix together the potatoes, salt, butter, and peppermint extract. Gradually mix in confectioners' sugar; mix in enough to make a workable dough, between 6 and 8 cups.
- ☐ Knead slightly, and roll into cherry-size balls. Flatten balls to form patties. Arrange on sheets of wax paper, and allow to dry overnight.
- ☐ Place chocolate and shortening in a microwave-safe bowl.
- ☐ Heat in microwave, stirring occasionally, until melted and smooth. Dip patties in melted chocolate, and let cool on wax paper.

## Nutrition Facts



## Properties

Glycemic Index:2.79, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:0.37913043400192%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 93.97kcal (4.7%), Fat: 1.24g (1.9%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 20.91g (7.6%), Sugar: 19.83g (22.04%), Cholesterol: 1.29mg (0.43%), Sodium: 52.96mg (2.3%), Alcohol: 0.06g (100%), Alcohol %: 0.28% (100%), Protein: 0.13g (0.26%), Vitamin C: 0.86mg (1.04%)