



WHATSheATE

Chocolate Mint Cookies



Dairy Free

READY IN



45 min.

SERVINGS



21

CALORIES



173 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 tablespoons corn syrup dark
- ☐ 2 large eggs
- ☐ 0.5 teaspoon peppermint extract
- ☐ 2.5 cups semi chocolate chips
- ☐ 0.8 cup sugar

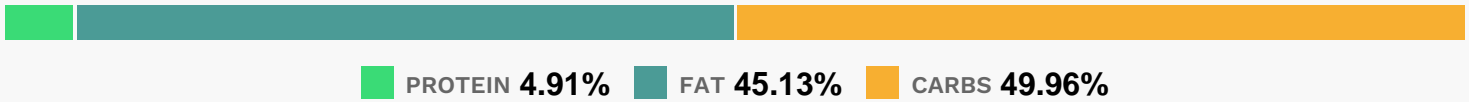
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula

Directions

- ☐ Preheat oven to 350°F. Line 3 large baking sheets with foil; butter foil.
- ☐ Place 1 1/4 cups chocolate chips in medium glass bowl. Microwave on medium-high until melted, stirring every 30 seconds, about 2 minutes. Cool 15 minutes.
- ☐ Mix flour and baking powder in small bowl. Using electric mixer, beat sugar, eggs, corn syrup and extract in medium bowl until thick, about 3 minutes. Gradually beat in melted chocolate, then dry ingredients.
- ☐ Mix in remaining chocolate chips; freeze 10 minutes.
- ☐ Drop 7 heaping tablespoons batter on each prepared baking sheet, spacing 3 inches apart (cookies will spread).
- ☐ Bake until cookies are cracked on top and softly set, about 15 minutes. Cool cookies on baking sheets 5 minutes. Using metal spatula, transfer cookies to racks and cool completely.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:7.66, Inflammation Score:-2, Nutrition Score:4.0273912652679%

Nutrients (% of daily need)

Calories: 172.5kcal (8.62%), Fat: 8.71g (13.39%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 19.91g (7.24%), Sugar: 16.66g (18.51%), Cholesterol: 19mg (6.33%), Sodium: 22.37mg (0.97%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Caffeine: 18.43mg (6.14%), Protein: 2.13g (4.27%), Manganese: 0.3mg (15.12%), Copper: 0.28mg (13.78%), Magnesium: 38.96mg (9.74%), Iron: 1.56mg (8.66%), Fiber: 1.77g (7.09%),

Phosphorus: 69.78mg (6.98%), Selenium: 4.09µg (5.85%), Zinc: 0.65mg (4.31%), Potassium: 131.59mg (3.76%),
Vitamin B2: 0.04mg (2.62%), Calcium: 22.33mg (2.23%), Vitamin B1: 0.03mg (1.72%), Vitamin B3: 0.31mg (1.55%),
Folate: 6.16µg (1.54%), Vitamin K: 1.56µg (1.49%), Vitamin B5: 0.15mg (1.47%), Vitamin B12: 0.08µg (1.35%), Vitamin E:
0.18mg (1.18%)