



Chocolate Mint Cookies

READY IN



45 min.

SERVINGS



42

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour
- ☐ 1 large eggs
- ☐ 0.8 teaspoon peppermint extract
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 1 cup sugar
- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 0.8 cup cocoa powder unsweetened (preferably Dutch-process)
- ☐ 0.5 teaspoon vanilla extract

Equipment

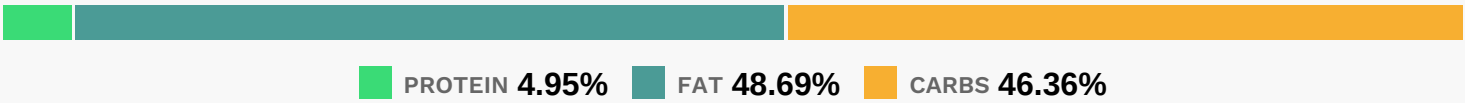
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ Whisk flour, cocoa powder, and salt in medium bowl to blend. Using electric mixer, beat butter in large bowl until smooth. Beat in peppermint extract and vanilla extract. Beat in sugar in 3 additions.
- ☐ Add egg and beat until blended.
- ☐ Add dry ingredients and beat just until blended (dough will be sticky).
- ☐ Divide dough between 2 sheets of plastic wrap. Using plastic wrap as aid, form dough on each into 2-inch-diameter log. Wrap with plastic and refrigerate dough until well chilled, at least 2 hours. (Dough can be prepared 1 day ahead. Keep refrigerated.)
- ☐ Position 1 rack in center and 1 rack in top third of oven; preheat to 350°F. Line 2 baking sheets with parchment paper. Unwrap cookie dough logs; roll briefly on work surface to form smooth round logs.
- ☐ Cut logs crosswise into 1/4-inch-thick rounds.
- ☐ Place rounds on prepared baking sheets, spacing 1 inch apart.
- ☐ Bake cookies until tops and edges are dry to touch, about 15 minutes.
- ☐ Transfer baking sheets with cookies to racks; cool completely. Stir chocolate in top of double boiler set over simmering water until melted and smooth.
- ☐ Remove from over water. Cool melted chocolate until slightly thickened but still pourable, about 10 minutes. Dip fork into melted chocolate, then wave fork back and forth over cookies, drizzling melted chocolate thickly over cookies in zigzag pattern. Refrigerate cookies on

baking sheets until chocolate is set, about 10 minutes. (Cookies can be made 1 week ahead. Refrigerate in airtight container between sheets of parchment paper or waxed paper.)

Nutrition Facts



Properties

Glycemic Index:3.45, Glycemic Load:5.79, Inflammation Score:-2, Nutrition Score:2.1665217345176%

Flavonoids

Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 92.64kcal (4.63%), Fat: 5.22g (8.03%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 10.18g (3.7%), Sugar: 6.3g (7%), Cholesterol: 13.39mg (4.46%), Sodium: 16.85mg (0.73%), Alcohol: 0.04g (100%), Alcohol %: 0.26% (100%), Caffeine: 7.02mg (2.34%), Protein: 1.19g (2.39%), Manganese: 0.14mg (7.2%), Copper: 0.12mg (5.86%), Fiber: 1.01g (4.05%), Magnesium: 16.01mg (4%), Iron: 0.7mg (3.89%), Selenium: 2.51µg (3.58%), Phosphorus: 29.96mg (3%), Vitamin B1: 0.04mg (2.55%), Folate: 9.34µg (2.34%), Vitamin A: 109.75IU (2.2%), Vitamin B2: 0.04mg (2.09%), Zinc: 0.26mg (1.75%), Vitamin B3: 0.33mg (1.67%), Potassium: 53.97mg (1.54%)