

# Chocolate Mint Cookies I

READY IN



45 min.

SERVINGS



36

CALORIES



162 kcal

DESSERT

## Ingredients

- 1.3 teaspoons baking soda
- 1.5 cups brown sugar packed
- 0.8 cup butter
- 36 mint-filled chocolate squares
- 2 eggs
- 2.5 cups flour all-purpose
- 0.5 teaspoon salt
- 2 cups semi chocolate chips
- 2 tablespoons water

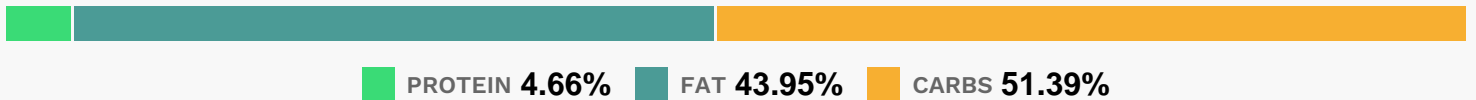
## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- In a large pan over low heat, cook butter, sugar and water until butter is melted.
- Add chocolate chips and stir until partially melted.
- Remove from heat and continue to stir until chocolate is completely melted.
- Pour into a large bowl and let stand 10 minutes to cool off slightly.
- At high speed, beat in eggs, one at a time into chocolate mixture. Reduce speed to low and add dry ingredients, beating until blended. Chill dough about 1 hour.
- Preheat oven to 350 degrees F (175 degrees C).
- Roll dough into balls and place on ungreased cookie sheet about 2 inches apart.
- Bake 8-10 minutes. While cookies are baking unwrap mints and divide each in half. When cookies are brought out of the oven, put 1/2 mint on top of each cookie.
- Let the mint sit for up to 5 minutes until melted, then spread the mint on top of the cookie. Eat and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:3.47, Glycemic Load:4.79, Inflammation Score:-2, Nutrition Score:3.3999999800454%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

## Nutrients (% of daily need)

Calories: 162.43kcal (8.12%), Fat: 7.99g (12.3%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 19.91g (7.24%), Sugar: 12.6g (14%), Cholesterol: 19.86mg (6.62%), Sodium: 108.27mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.6mg (2.87%), Protein: 1.91g (3.81%), Manganese: 0.21mg (10.5%), Copper: 0.15mg (7.34%), Selenium: 4.69µg (6.7%), Iron: 1.19mg (6.64%), Magnesium: 21.53mg (5.38%), Vitamin B1: 0.07mg (4.89%), Folate: 18.41µg (4.6%), Fiber: 1.11g (4.46%), Phosphorus: 42.45mg (4.24%), Vitamin B2: 0.06mg (3.72%), Vitamin A: 178.86IU (3.58%), Vitamin B3: 0.63mg (3.14%), Potassium: 88.38mg (2.53%), Zinc: 0.38mg (2.5%), Calcium: 20.09mg (2.01%), Vitamin E: 0.2mg (1.33%), Vitamin B5: 0.13mg (1.26%), Vitamin K: 1.08µg (1.03%)