



Chocolate-Mint Sandwich Cookies

READY IN



35 min.

SERVINGS



35

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups marshmallow fluff
- ☐ 0.3 teaspoon peppermint extract
- ☐ 35 servings food coloring green red
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt

- ☐ 1 cup sugar
- ☐ 10 tablespoon butter unsalted at room temperature ()
- ☐ 6 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Mix flour, cocoa, baking soda and salt in a bowl. Using an electric mixer on medium speed, beat butter and sugar until light, about 3 minutes. Beat in egg and vanilla until smooth. Stir in flour mixture until just combined.
- ☐ Divide dough in half. Shape each portion into a log about 9 inches long and 1 1/2 inches in diameter. Wrap in plastic; chill for at least 2 hours and up to 1 day (or freeze for up to 1 month).
- ☐ Preheat oven to 350F.
- ☐ Place racks in upper and lower thirds of oven. Line 2 baking sheets with parchment. Slice dough into 1/4-inch-thick rounds (36 slices per log); place on baking sheets 2 inches apart.
- ☐ Bake until cookies are dry on top, about 10 minutes.
- ☐ Remove to a wire rack; cool. Repeat with remaining dough.
- ☐ Make filling: Using an electric mixer on medium speed, beat butter, confectioners' sugar and salt until combined. Stir in Fluff and peppermint extract. Beat on high until light, about 3 minutes. Divide filling between 2 bowls, add red or green food coloring to each bowl; stir until evenly dyed. Sandwich 2 cookies with a teaspoon of filling. Repeat with remaining cookies and filling.

Nutrition Facts



 PROTEIN 3.13%  FAT 33.26%  CARBS 63.61%

Properties

Glycemic Index:4.15, Glycemic Load:5.96, Inflammation Score:-1, Nutrition Score:1.1691304445267%

Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 91.52kcal (4.58%), Fat: 3.55g (5.46%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 14.87g (5.41%), Sugar: 10.78g (11.97%), Cholesterol: 13.91mg (4.64%), Sodium: 52.79mg (2.3%), Alcohol: 0.05g (100%), Alcohol %: 0.26% (100%), Protein: 0.75g (1.5%), Manganese: 0.06mg (2.93%), Selenium: 1.86µg (2.65%), Vitamin A: 107.67IU (2.15%), Copper: 0.04mg (2%), Vitamin B1: 0.03mg (1.97%), Folate: 7.6µg (1.9%), Iron: 0.31mg (1.75%), Vitamin B2: 0.03mg (1.71%), Fiber: 0.41g (1.65%), Phosphorus: 13.95mg (1.39%), Magnesium: 5.33mg (1.33%), Vitamin B3: 0.23mg (1.16%)