



Chocolate Peppermint Bar Cookies

READY IN



300 min.

SERVINGS



32

CALORIES



103 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup t brown sugar dark packed
- 1 large eggs
- 0.5 cup flour all-purpose
- 0.3 lb peppermint candies hard crushed
- 0.5 teaspoon salt
- 6 oz semi chocolate chips
- 0.5 cup butter unsalted softened
- 0.5 cup cocoa powder unsweetened (not Dutch-process)

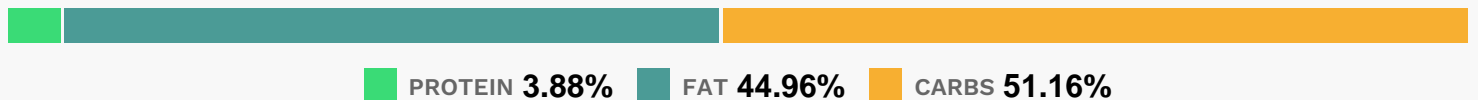
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- hand mixer
- aluminum foil
- spatula
- cutting board

Directions

- Put oven rack in middle position and preheat oven to 375°F. Line a 13- by 9-inch metal baking pan with 1 sheet of foil, allowing 2 inches of foil to hang over each end of pan, and butter foil (except overhang).
- Whisk together flour, cocoa powder, baking soda, and salt in a small bowl.
- Beat together butter and brown sugar in a large bowl with an electric mixer at high speed until pale and fluffy, about 3 minutes. Beat in egg until combined. Reduce speed to low, then mix in flour mixture until just combined. Stir in chocolate chips and candy.
- Spread dough evenly in pan and bake until puffed and beginning to pull away from sides of pan, about 20 minutes. Cool completely in pan on a rack, then, lifting with foil, transfer to a cutting board.
- Cut into bars and lift off foil with a spatula.
- Bars keep in an airtight container at room temperature 3 days.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:2.0026087100091%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 102.56kcal (5.13%), Fat: 5.27g (8.1%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 12.5g (4.55%), Sugar: 9.38g (10.43%), Cholesterol: 13.76mg (4.59%), Sodium: 75.44mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.66mg (2.55%), Protein: 1.02g (2.05%), Manganese: 0.14mg (6.96%), Copper: 0.12mg (6.21%), Magnesium: 17.21mg (4.3%), Fiber: 0.98g (3.9%), Iron: 0.68mg (3.77%), Phosphorus: 29.94mg (2.99%), Selenium: 1.88µg (2.68%), Vitamin A: 99.73IU (1.99%), Zinc: 0.27mg (1.81%), Potassium: 62.53mg (1.79%), Vitamin B2: 0.02mg (1.4%), Vitamin B1: 0.02mg (1.26%), Folate: 4.9µg (1.22%), Calcium: 11.34mg (1.13%)