



Chocolate Peppermint Bar Cookies

READY IN



45 min.

SERVINGS



32

CALORIES



90 kcal

DESSERT

Ingredients

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

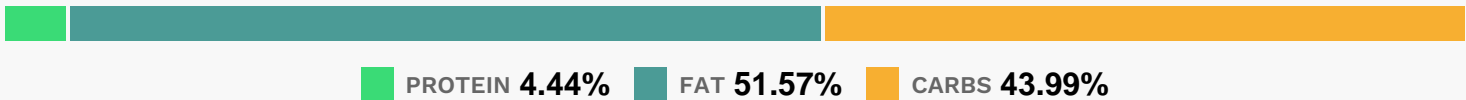
Equipment

- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:1.9578260908956%

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: 89.5kcal (4.47%), Fat: 5.27g (8.1%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 9.13g (3.32%), Sugar: 6.05g (6.72%), Cholesterol: 13.76mg (4.59%), Sodium: 74.48mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.66mg (2.55%), Protein: 1.02g (2.04%), Manganese: 0.14mg (6.85%), Copper: 0.12mg (6.13%), Magnesium: 16.9mg (4.23%), Fiber: 0.98g (3.9%), Iron: 0.65mg (3.63%), Phosphorus: 29.81mg (2.98%), Selenium: 1.84µg (2.62%), Vitamin A: 99.73IU (1.99%), Zinc: 0.27mg (1.8%), Potassium: 57.95mg (1.66%), Vitamin B2: 0.02mg (1.4%), Vitamin B1: 0.02mg (1.26%), Folate: 4.86µg (1.22%)