



## Chocolate Peppermint Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



38

CALORIES



71 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.5 cup egg substitute
- 2.3 cups flour all-purpose
- 0.5 cup butter softened
- 0.7 cup peppermint candies sugar-free crushed finely ( 30 candies)
- 0.3 teaspoon salt
- 0.3 cup sugar

- 0.3 cup cocoa unsweetened
- 1 teaspoon vanilla extract

## Equipment

- baking sheet
- oven
- blender
- wax paper

## Directions

- Preheat oven to 35
- Beat margarine with a mixer at medium speed until creamy; gradually add sugar and sweetener, beating well.
- Add egg substitute and vanilla; beat well.
- Combine flour and next 4 ingredients.
- Add to margarine mixture, stirring just until blended. Stir in crushed candy. Drop dough by level tablespoonfuls onto wax paper.
- Roll into balls; place balls, 2 inches apart, on baking sheets coated with cooking spray. Flatten balls with a fork.
- Bake at 350 for 10 to 12 minutes.
- Remove from pans, and let cool on wire racks.

## Nutrition Facts



**PROTEIN 7.03%** **FAT 32.58%** **CARBS 60.39%**

## Properties

Glycemic Index:8.08, Glycemic Load:7.31, Inflammation Score:-2, Nutrition Score:1.7847825976332%

## Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg,

Quercetin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 70.84kcal (3.54%), Fat: 2.59g (3.98%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 10.31g (3.75%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 82.84mg (3.6%), Alcohol: 0.04g (100%), Alcohol %: 0.24% (100%), Protein: 1.26g (2.51%), Selenium: 3.93µg (5.62%), Vitamin B1: 0.06mg (4.19%), Manganese: 0.08mg (4%), Folate: 14.32µg (3.58%), Vitamin B2: 0.05mg (3.07%), Iron: 0.52mg (2.91%), Vitamin B3: 0.46mg (2.29%), Vitamin A: 113.94IU (2.28%), Copper: 0.04mg (2.01%), Fiber: 0.48g (1.92%), Phosphorus: 18.8mg (1.88%), Magnesium: 6mg (1.5%), Calcium: 11.5mg (1.15%)