



Chocolate Peppermint Cookies

READY IN



45 min.

SERVINGS



40

CALORIES



150 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup powdered sugar
- 4 eggs
- 1.5 cups flour
- 3.5 teaspoons half and half
- 1 cup brown sugar light packed
- 1 cup brown sugar light packed
- 2 drops peppermint extract
- 0.3 salt with ¼ teaspoon and add more to taste

- 2 cups semi chocolate chips sweet (regular or mini's)
- 0.5 cup sugar
- 4 tablespoons butter unsalted
- 0.8 cup cocoa powder unsweetened
- 1.5 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- ziploc bags
- spatula

Directions

- For the cookies: Preheat oven to 350 degrees F. In a medium bowl sift together flour, cocoa powder, baking soda and salt. Set aside. In a mixer beat together the butter with the sugars until fluffy, about 2 minutes.
- Add eggs 1 at a time, beating until smooth after each addition and scraping the sides of the bowl as necessary.
- Add vanilla. On a low speed beat in the flour mixture a little at a time. Gently mix in chocolate chips. On an ungreased cookie sheet, drop teaspoons of the batter about 2 inches apart.
- Bake until just cracked on top, about 8 minutes, rotating the pan halfway through the cooking time. Flatten the cookies slightly with a spatula after removing from oven. Cool completely. For the glaze: In a small bowl mix together the sugar; mint extract and milk until smooth.
- Transfer mixture to a medium resealable plastic bag and snip off a tiny bit of the corner.
- Drizzle glaze over cooled cookies.
- Let cookies stand until set, about 10-20 minutes.

Nutrition Facts

PROTEIN 5.02% FAT 30.93% CARBS 64.05%

Properties

Glycemic Index:3.63, Glycemic Load:4.33, Inflammation Score:-2, Nutrition Score:3.3152173913043%

Flavonoids

Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Taste

Sweetness: 100%, Saltiness: 9.26%, Sourness: 1.1%, Bitterness: 0.56%, Savoriness: 5.26%, Fattiness: 31.47%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 150.38kcal (7.52%), Fat: 5.33g (8.2%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 23.38g (8.5%), Sugar: 18.77g (20.85%), Cholesterol: 20.07mg (6.69%), Sodium: 38.53mg (1.68%), Caffeine: 11.45mg (3.82%), Protein: 1.94g (3.89%), Manganese: 0.22mg (11.1%), Copper: 0.19mg (9.46%), Magnesium: 26.53mg (6.63%), Iron: 1.17mg (6.49%), Selenium: 4.12µg (5.88%), Fiber: 1.44g (5.77%), Phosphorus: 50.21mg (5.02%), Vitamin B2: 0.05mg (3.17%), Zinc: 0.44mg (2.97%), Potassium: 102.5mg (2.93%), Vitamin B1: 0.04mg (2.86%), Folate: 11.33µg (2.83%), Calcium: 20.81mg (2.08%), Vitamin B3: 0.4mg (2.02%), Vitamin B5: 0.14mg (1.36%), Vitamin A: 64.79IU (1.3%)