



Chocolate Peppermint Pizzelle



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

18

CALORIES

calories

267 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 large eggs at room temperature
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon mint extract
- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 0.3 teaspoon salt fine

- ☐ 12 ounces bittersweet chocolate
- ☐ 0.5 cup butter unsalted cooled melted room temperature 1 stick
- ☐ 4 tablespoons butter unsalted
- ☐ 0.3 cup cocoa powder unsweetened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ spatula
- ☐ pastry bag

Directions

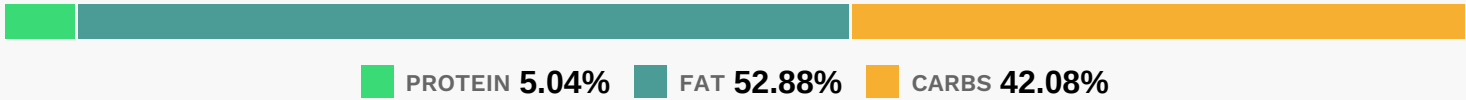
- ☐ Whisk the flour, cocoa, baking powder, cinnamon, orange zest, and salt together in a large bowl.
- ☐ In another medium bowl, briskly whisk the eggs, sugar and melted butter together until smooth and evenly combined.
- ☐ Make a well in the center of the dry ingredients and pour in the egg mixture. Gradually whisk the liquid into the flour to make a thick batter. When the pizzelle batter starts to clump up in the whisk, switch to a rubber spatula to finish mixing it together. (If you have a large pastry bag, put a big round tip in it, and fill with the pizzelle batter.)
- ☐ Preheat a pizzelle iron until a drop of water sizzles on the hot surface, about 10 minutes. Lightly spray the hot surface with nonstick cooking spray. Pipe or spoon about a tablespoon of the batter into the center of each cookie imprint. Close the iron and cook until whiffs of steam comes from the iron, about 30 to 45 seconds. Open and remove cookie from the iron, cool on a rack. Repeat with remaining batter.
- ☐ Put the chocolate and butter in a microwave safe bowl. Cover and microwave on medium power until soft and melted, about 3 minutes depending on the power of your oven; stir until smooth. Alternatively, put the chocolate in a heatproof bowl. Bring a saucepan filled with 1–

inch or so of water to a very slow simmer; set the bowl on the pan (without touching the water). Stir occasionally until melted and smooth. Stir in mint extract.

☐ To serve pipe a tablespoon of the mint filling into the center of half the cookies. Top with another cookie and press to sandwich them together.

☐ Serve now or keep tightly covered for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:13.45, Glycemic Load:12.63, Inflammation Score:-4, Nutrition Score:5.9334782404096%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 266.79kcal (13.34%), Fat: 15.96g (24.55%), Saturated Fat: 9.37g (58.58%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 26.31g (9.57%), Sugar: 18.12g (20.14%), Cholesterol: 52.38mg (17.46%), Sodium: 82.95mg (3.61%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Caffeine: 19mg (6.33%), Protein: 3.42g (6.85%), Manganese: 0.38mg (18.92%), Copper: 0.3mg (15.12%), Iron: 1.96mg (10.91%), Magnesium: 42.5mg (10.63%), Selenium: 7.43µg (10.61%), Phosphorus: 93.43mg (9.34%), Fiber: 2.25g (9.02%), Vitamin A: 290.33IU (5.81%), Vitamin B2: 0.1mg (5.8%), Vitamin B1: 0.08mg (5.27%), Folate: 20.49µg (5.12%), Zinc: 0.76mg (5.08%), Potassium: 149.42mg (4.27%), Calcium: 42.41mg (4.24%), Vitamin B3: 0.71mg (3.55%), Vitamin E: 0.43mg (2.84%), Vitamin B5: 0.24mg (2.37%), Vitamin B12: 0.12µg (2.07%), Vitamin D: 0.31µg (2.05%), Vitamin K: 2.14µg (2.03%), Vitamin B6: 0.03mg (1.32%)