



Chocolate-Peppermint Shortbread

 Popular

READY IN



70 min.

SERVINGS



32

CALORIES



127 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.5 cup granulated sugar
- ☐ 4 oz baker's chocolate cooled melted
- ☐ 0.5 teaspoon peppermint extract
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 cup powdered sugar
- ☐ 2 tablespoons cocoa powder unsweetened

- ☐ 1 tablespoons milk
- ☐ 2 tablespoons peppermint candies miniature chopped

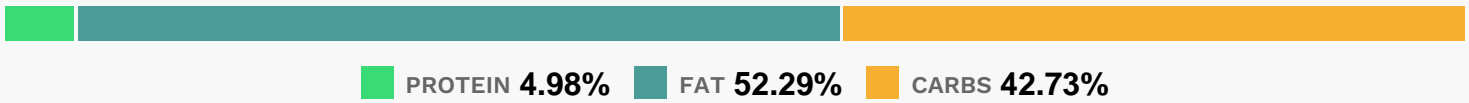
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 325°F. Spray 2 (9-inch) glass pie plates with cooking spray.
- ☐ In large bowl, beat butter, granulated sugar, chocolate and peppermint extract with electric mixer on medium speed until light and fluffy. On low speed, beat in flour and 1/3 cup cocoa. Divide dough in half. With lightly floured hands, press dough evenly in pie plates.
- ☐ Bake 22 to 24 minutes or until edges just begin to pull away from sides of pie plates. Cool in pie plates 5 minutes. Carefully cut each round into 16 wedges. Cool completely in pie plates on cooling rack, about 30 minutes.
- ☐ In small bowl, mix powdered sugar, 2 tablespoons cocoa and enough of the milk until glaze is smooth and thin enough to drizzle.
- ☐ Drizzle glaze over wedges; sprinkle with candies.

Nutrition Facts



Properties

Glycemic Index:7.91, Glycemic Load:7.65, Inflammation Score:-3, Nutrition Score:3.3147826435287%

Flavonoids

Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg Epicatechin: 7.4mg, Epicatechin: 7.4mg, Epicatechin: 7.4mg, Epicatechin: 7.4mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 127.03kcal (6.35%), Fat: 7.84g (12.06%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 13.14g (4.78%), Sugar: 5.68g (6.32%), Cholesterol: 0.06mg (0.02%), Sodium: 68.43mg (2.98%), Alcohol: 0.02g (100%), Alcohol %: 0.1% (100%), Caffeine: 5.61mg (1.87%), Protein: 1.68g (3.36%), Manganese: 0.25mg (12.72%), Copper: 0.17mg (8.67%), Iron: 1.2mg (6.64%), Vitamin A: 254.5IU (5.09%), Fiber: 1.27g (5.09%), Vitamin B1: 0.08mg (5.07%), Selenium: 3.48µg (4.97%), Magnesium: 19.83mg (4.96%), Folate: 17.53µg (4.38%), Phosphorus: 34.64mg (3.46%), Zinc: 0.49mg (3.25%), Vitamin B2: 0.05mg (3.19%), Vitamin B3: 0.6mg (2.98%), Potassium: 61.06mg (1.74%), Vitamin E: 0.24mg (1.61%)