



Chocolate Peppermint Stars



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



48

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces bittersweet chocolate 60% good melted (cacao) (see Cooks' Notes)
- ☐ 1 cup candy canes white red crushed (see Cooks' Notes)
- ☐ 0.7 cup cocoa powder unsweetened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper

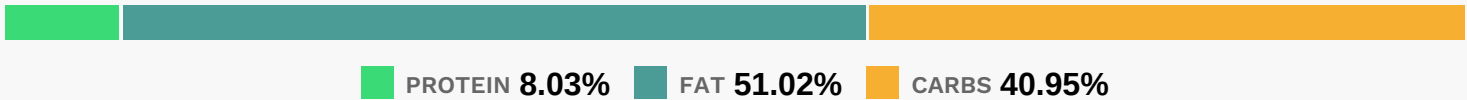
- ☐ oven
- ☐ whisk
- ☐ cookie cutter
- ☐ ziploc bags
- ☐ wax paper
- ☐ microwave
- ☐ spatula
- ☐ offset spatula

Directions

- ☐ Make Buttery Sugar Cookie dough as directed, but reduce the flour to 1 1/3 cups and add the cocoa.
- ☐ Whisk the flour and cocoa together.
- ☐ Halve dough and wrap each half in wax paper, shaping each into a flattened rectangle, then store each half in a resealable plastic bag. Chill dough until firm, at least 2 hours.
- ☐ Heat oven to 350°F with rack in middle. Line baking sheets with parchment paper.
- ☐ While oven heats, roll out 1 piece of dough (keep remaining dough chilled) between two large sheets of wax paper to slightly less than 1/4 inch thick. (If dough becomes too soft to roll out, quick-chill on a baking sheet in the freezer or chill in the refrigerator until firm.)
- ☐ Peel back top sheet of wax paper and cut out as many cookies with cutter as possible.
- ☐ Transfer cookies, as cut, to a lined baking sheet, arranging them 1 inch apart. (If dough becomes too soft to remove the cookies, quick-chill on a baking sheet in the freezer or chill in the refrigerator until firm.)
- ☐ Gather, reroll, and chill scraps to form more cookies.
- ☐ Freeze or chill cut-out cookies on baking sheet until firm before baking.
- ☐ Bake cookies, one sheet at time, until edges are a shade darker and centers are set, 9 to 12 minutes. For picture-perfect cookies, use cookie cutters while cookies are hot from the oven to trim edges. (Keep trimmings for snacks.)
- ☐ Transfer cookies with a metal spatula to racks to cool completely. Make more cookies with remaining dough. (Cool baking sheets and use fresh parchment between batches.)

- ☐ Using the offset spatula or a small rubber spatula, spread cooled cookies with a thin layer of melted chocolate, then sprinkle with some crushed candy canes.
- ☐ Let cookies stand at room temperature until the chocolate has set, about 1 hour.
- ☐ •If you want a real hit of peppermint, replace the vanilla in the Buttery Sugar Cookie dough recipe with 1/2 teaspoon pure peppermint extract. •For the cleanest edges, keep freezing or chilling the dough between the sheets of wax paper whenever it gets soft, and freeze or chill the cut-out cookies before baking them. •To melt chocolate successfully: Keep chocolate from coming in contact with even the smallest amount of water. Chop the chocolate first, then put it in a dry metal bowl and set the bowl over a pan of barely simmering water.
- ☐ Heat the chocolate, stirring occasionally, until it is smooth. Alternatively, you can heat it in a microwave-safe bowl.
- ☐ Put the chopped chocolate in the bowl and microwave it at 50% power at 30-second intervals, checking it and stirring it, each time, until it is smooth. •Cookies keep in an airtight container in single layers, separated by wax paper, in a cool place, 5 days.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.86304346974129%

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: 16.4kcal (0.82%), Fat: 1.07g (1.64%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.89g (0.99%), Cholesterol: 0.14mg (0.05%), Sodium: 0.49mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.78mg (1.59%), Protein: 0.38g (0.76%), Manganese: 0.08mg (3.86%), Copper: 0.07mg (3.74%), Magnesium: 10.12mg (2.53%), Fiber: 0.63g (2.52%), Iron: 0.32mg (1.75%), Phosphorus: 14.91mg (1.49%)