



Chocolate Peppermint Tarts

READY IN



85 min.

SERVINGS



24

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 17.5 oz basic cookie mix chunk
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon water
- ☐ 1 eggs
- ☐ 0.5 teaspoon peppermint extract
- ☐ 2.5 cups powdered sugar
- ☐ 0.3 cup peppermint candies crushed (14)
- ☐ 3 tablespoons butter softened
- ☐ 3 tablespoons milk

- ☐ 2 drops food coloring red
- ☐ 1 serving powdered sugar

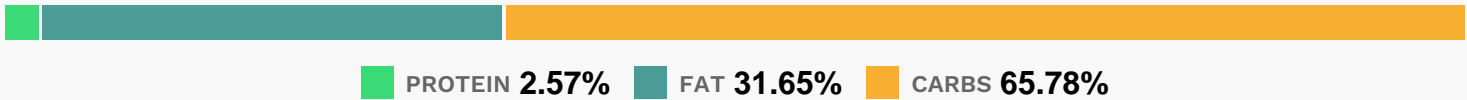
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ wooden spoon
- ☐ muffin liners

Directions

- ☐ Lightly spray 24 mini muffin cups with cooking spray. Prepare cookie dough as directed on package except--use 3 tablespoons oil, 1 tablespoon water, 1 egg and the peppermint extract. Shape dough into 24(1-inch) balls; place in muffin cups.
- ☐ Bake at 375° F for 8 to 10 minutes or until set. Immediately make indentation in center of each cookie with end of wooden spoon to form a cup. Cool 30 minutes.
- ☐ Remove from pan; cool completely.
- ☐ In medium bowl, beat powdered sugar, crushed peppermint candies, butter, milk, and red food color with electric mixer on medium speed until smooth and creamy. Spoon frosting into decorating bag with large star tip (#5). Pipe into each cookie cup.
- ☐ Sprinkle with powdered sugar. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.58, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.68391302956835%

Nutrients (% of daily need)

Calories: 184.82kcal (9.24%), Fat: 6.44g (9.91%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 29.6g (10.76%), Sugar: 23.79g (26.44%), Cholesterol: 7.05mg (2.35%), Sodium: 43.35mg (1.88%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 1.18g (2.36%), Vitamin K: 3.14µg (2.99%), Fiber: 0.53g (2.1%), Vitamin A: 75.54IU (1.51%), Vitamin E: 0.21mg (1.42%), Vitamin B2: 0.02mg (1.17%)