



Cream Cheese Mints

 Vegetarian  Gluten Free

READY IN



150 min.

SERVINGS



96

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter softened
- 2 drops peppermint oil
- 3 cups confectioners' sugar
- 3 ounce cream cheese softened

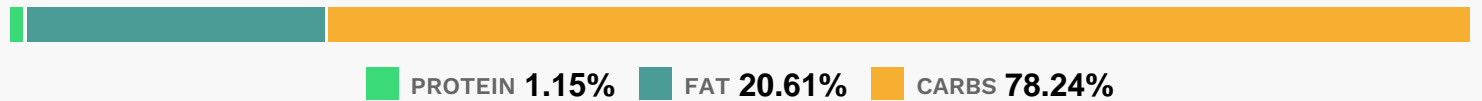
Equipment

- bowl

Directions

- In a large bowl, combine cream cheese, butter, and confectioner's sugar.
- Mix in peppermint oil. Color as desired with food coloring paste, or leave white.
- Roll mixture into small balls, and place on waxed paper. Flatten with a fork dipped in confectioners' sugar.
- Let dry for about 2 hours on waxed paper, then freeze or refrigerate.

Nutrition Facts



Properties

Glycemic Index:0.8, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.053478260889002%

Nutrients (% of daily need)

Calories: 18.92kcal (0.95%), Fat: 0.44g (0.68%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.79g (1.38%), Sugar: 3.7g (4.11%), Cholesterol: 1.21mg (0.4%), Sodium: 3.79mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.11%)