



Crunchy Frostbite Cookies

 Dairy Free  Very Healthy

READY IN



36 min.

SERVINGS



1

CALORIES



6744 kcal

DESSERT

Ingredients

- ☐ 12 ounces baker's chocolate white chopped
- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.8 cup brown sugar light packed
- ☐ 1.5 cups cornflakes
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar

- ☐ 1.5 cups oats uncooked
- ☐ 0.5 teaspoon peppermint extract
- ☐ 0.3 teaspoon salt
- ☐ 1 cup shortening
- ☐ 3 tablespoons shortening
- ☐ 1 teaspoon vanilla extract

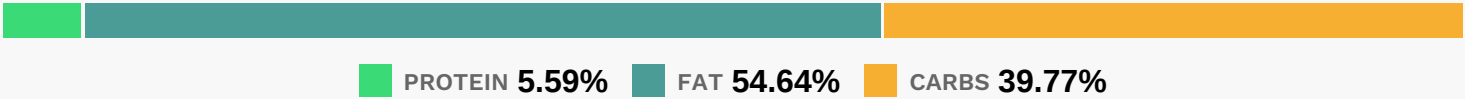
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Combine flour, baking soda, baking powder, and salt; stir well until blended.
- ☐ Beat 1 cup shortening at medium speed with an electric mixer until creamy; gradually add sugars, beating well.
- ☐ Add eggs and vanilla; beat well.
- ☐ Add flour mixture, mixing just until blended. Stir in oats and cornflakes.
- ☐ Drop dough by heaping tablespoonfuls, 2" apart, onto lightly greased baking sheets; flatten slightly.
- ☐ Bake at 325 for 12 to 14 minutes. Cool slightly on baking sheets.
- ☐ Transfer cookies to wire racks to cool completely.
- ☐ Microwave white chocolate and 3 Tbsp. shortening in a medium-size microwave-safe bowl at HIGH 1 minute or until white chocolate melts, stirring once. Stir in peppermint extract. Dip flat bottom of each cookie into melted white chocolate, letting excess drip back into bowl.
- ☐ Place dipped cookies, dipped side up, on wax paper; let stand 1 hour or until white chocolate sets.

Nutrition Facts



Properties

Glycemic Index:277.09, Glycemic Load:271.77, Inflammation Score:-10, Nutrition Score:79.515217532282%

Flavonoids

Catechin: 218.85mg, Catechin: 218.85mg, Catechin: 218.85mg, Catechin: 218.85mg Epicatechin: 482.5mg, Epicatechin: 482.5mg, Epicatechin: 482.5mg, Epicatechin: 482.5mg

Nutrients (% of daily need)

Calories: 6743.81kcal (337.19%), Fat: 441.9g (679.84%), Saturated Fat: 175.82g (1098.89%), Carbohydrates: 723.8g (241.27%), Net Carbohydrates: 646.9g (235.24%), Sugar: 319.84g (355.38%), Cholesterol: 372mg (124%), Sodium: 3794.27mg (164.97%), Alcohol: 2.06g (100%), Alcohol %: 0.18% (100%), Caffeine: 272.16mg (90.72%), Protein: 101.72g (203.43%), Manganese: 20.52mg (1026.08%), Copper: 12.08mg (604.12%), Iron: 91.72mg (509.56%), Magnesium: 1380.32mg (345.08%), Fiber: 76.9g (307.6%), Zinc: 40.72mg (271.47%), Selenium: 184.55µg (263.64%), Phosphorus: 2464.87mg (246.49%), Vitamin B1: 3.67mg (244.95%), Folate: 790.26µg (197.57%), Vitamin B2: 2.89mg (170.19%), Vitamin K: 165.97µg (158.07%), Vitamin B3: 28.53mg (142.66%), Vitamin E: 18.04mg (120.28%), Potassium: 3972.19mg (113.49%), Calcium: 879.38mg (87.94%), Vitamin B6: 1.32mg (65.85%), Vitamin B5: 6.53mg (65.33%), Vitamin B12: 2.99µg (49.83%), Vitamin A: 1290.12IU (25.8%), Vitamin D: 3.51µg (23.41%), Vitamin C: 8.82mg (10.69%)