



Double Chocolate and Mint Cookies

READY IN



45 min.

SERVINGS



12

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 ounces bittersweet chocolate chopped (60-percent)
- ☐ 5 ounce chocolate mint thins such as andes, each cut into thirds
- ☐ 2 eggs at room temperature
- ☐ 1 cup flour
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons cocoa unsweetened

☐ 1 teaspoon vanilla extract pure

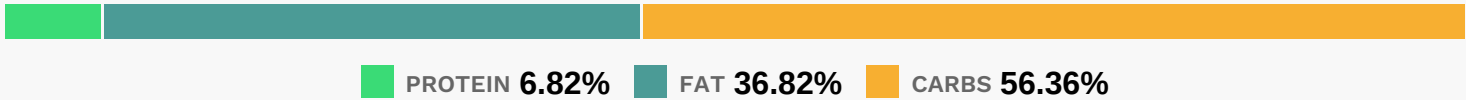
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Watch how to make this recipe.
- ☐ Place 1 oven rack in the center of the oven and 1 oven rack in the bottom third and preheat the oven to 300 degrees F. Line 2 large rimmed baking sheets with parchment paper. Set aside.
- ☐ In a small bowl, combine the bittersweet chocolate and butter.
- ☐ Place the bowl over a pan of barely simmering water and stir occasionally until the chocolate has melted and the mixture is smooth.
- ☐ In a medium bowl, sift the flour, cocoa, baking powder and salt. In a large bowl, whisk together the sugar, eggs, 2 tablespoons water and vanilla extract. Gradually add the dry ingredients. Fold in the cooled chocolate. Stir in the chocolate mint pieces. Chill the dough 10 minutes to firm slightly. Using 1/4 cup measuring cup, drop 6 mounds of batter onto each prepared sheet, spacing evenly apart.
- ☐ Bake the cookies 9 minutes. Reverse the baking sheets (top to bottom) and continue baking until the cookies are slightly puffed and dry looking with some small cracks on top, 9 to 10 minutes longer. Cool the cookies completely on sheets (they may deflate slightly as they cool).

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:13.59, Inflammation Score:-6, Nutrition Score:6.9060869942541%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Eriodictyol: 3.65mg, Eriodictyol: 3.65mg, Eriodictyol: 3.65mg, Eriodictyol: 3.65mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 201.29kcal (10.06%), Fat: 8.38g (12.9%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 26.21g (9.53%), Sugar: 16.41g (18.23%), Cholesterol: 33.15mg (11.05%), Sodium: 100.05mg (4.35%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Caffeine: 14.11mg (4.7%), Protein: 3.49g (6.99%), Manganese: 0.43mg (21.66%), Copper: 0.27mg (13.45%), Iron: 2.27mg (12.59%), Vitamin A: 606.78IU (12.14%), Fiber: 2.67g (10.68%), Magnesium: 41.91mg (10.48%), Selenium: 7.18µg (10.26%), Folate: 36.31µg (9.08%), Phosphorus: 85.25mg (8.52%), Vitamin B2: 0.13mg (7.56%), Vitamin B1: 0.1mg (6.65%), Calcium: 64.55mg (6.46%), Potassium: 182.87mg (5.22%), Zinc: 0.73mg (4.9%), Vitamin B3: 0.96mg (4.81%), Vitamin C: 3.76mg (4.55%), Vitamin B5: 0.25mg (2.45%), Vitamin B6: 0.04mg (1.91%), Vitamin B12: 0.09µg (1.58%), Vitamin E: 0.22mg (1.48%), Vitamin D: 0.18µg (1.21%), Vitamin K: 1.26µg (1.2%)