



Double Chocolate Mint Cookies

READY IN



33 min.

SERVINGS



72

CALORIES



161 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2.5 cups butter softened
- ☐ 4 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon peppermint extract
- ☐ 1 teaspoon salt
- ☐ 2 cups semi chocolate chips
- ☐ 1.5 cups cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

☐ 4 cups sugar white

Equipment

☐ baking sheet

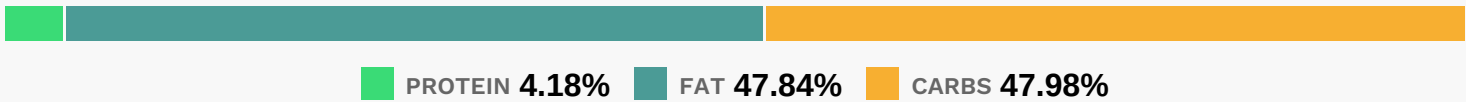
☐ oven

☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cream together, butter, sugar and eggs.
- ☐ Mix in remaining ingredients. Blend well.
- ☐ Drop by teaspoonful onto a cookie sheet.
- ☐ Bake at 350 degrees F (175 degrees C) for 8–9 minutes. Cookies will be soft. Cool about 1 minute on cookie sheet then remove to a wire rack to cool completely.
- ☐ Recipe Variation: For a different flavor, omit peppermint extract and use a total of 2 teaspoons of vanilla. Also substitute peanut butter flavored chips for the chocolate chips.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:11.59, Inflammation Score:-2, Nutrition Score:3.0091304221879%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 161.42kcal (8.07%), Fat: 8.89g (13.68%), Saturated Fat: 5.38g (33.65%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 18.81g (6.84%), Sugar: 13g (14.45%), Cholesterol: 26.34mg (8.78%), Sodium: 117.99mg (5.13%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 8.42mg (2.81%), Protein: 1.75g (3.5%), Manganese: 0.18mg (9.19%), Copper: 0.14mg (7.15%), Selenium: 3.93µg (5.61%), Iron: 0.94mg (5.21%), Fiber: 1.25g (5%), Magnesium: 19.73mg (4.93%), Vitamin A: 212.67IU (4.25%), Phosphorus: 40.39mg (4.04%), Vitamin B1: 0.06mg

(3.93%), Folate: 14.67µg (3.67%), Vitamin B2: 0.06mg (3.36%), Vitamin B3: 0.5mg (2.48%), Zinc: 0.34mg (2.29%), Potassium: 68.67mg (1.96%), Vitamin E: 0.24mg (1.63%)