



## Fat & Fudgy Mocha Mint Cookies

READY IN



45 min.

SERVINGS



18

CALORIES



204 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 1 cup ghirardelli bittersweet chocolate chips
- ☐ 6 oz mint chocolate dark flavored chopped
- ☐ 2 tablespoons natural cocoa (I think Dutch might make the cookies flat)
- ☐ 2 large eggs
- ☐ 1 teaspoon espresso powder dissolved in a tablespoon of hot water
- ☐ 0.8 cup granulated sugar
- ☐ 0.1 teaspoon salt
- ☐ 4 oz butter unsalted (115 grams)

☐ 1 teaspoon vanilla extract

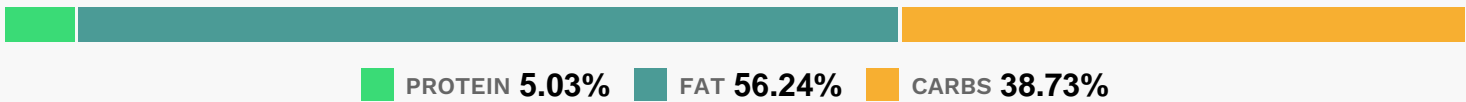
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Melt the butter over medium heat in a small saucepan.
- ☐ Add chocolate chips, remove from heat and stir until chocolate is melted with residual heat.
- ☐ Let cool for about 15 minutes. Meanwhile, beat the eggs, salt, vanilla and sugar together in a large bowl using an electric mixer for about 3 minutes or until light and slightly thickened. Beat in the espresso/water, followed by the melted chocolate chip butter mixture.
- ☐ Mix together the flour and the cocoa, then add to batter and stir until absorbed. Stir in the chopped mint chocolate. Chill for 1 ½ hours or until dough is thick enough to shape into balls
- ☐ Heat the oven to 350 degrees F. Line a couple of cookie sheets with parchment paper. Scoop dough up by well-rounded tablespoons and shape into 1 ½ inch balls.
- ☐ Bake for 9-12 minutes.
- ☐ Let cool. Dust with powdered sugar IF YOU FEEL LIKE IT. No need. I only did it for the photo. Not sure of the yield yet because I haven't baked them all, but I think it will be around 16 18 cookies.

Nutrition Facts



Properties

Glycemic Index:9.34, Glycemic Load:7.54, Inflammation Score:-2, Nutrition Score:4.1317391108883%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 204.13kcal (10.21%), Fat: 12.93g (19.89%), Saturated Fat: 8.67g (54.2%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 18.37g (6.68%), Sugar: 14.06g (15.62%), Cholesterol: 34.59mg (11.53%), Sodium: 37.6mg (1.63%), Alcohol: 0.08g (100%), Alcohol %: 0.23% (100%), Caffeine: 10.58mg (3.53%), Protein: 2.6g (5.2%), Manganese: 0.23mg (11.74%), Copper: 0.21mg (10.73%), Iron: 1.52mg (8.43%), Magnesium: 29.3mg (7.33%), Fiber: 1.66g (6.65%), Phosphorus: 60.35mg (6.04%), Zinc: 0.79mg (5.3%), Selenium: 3.66µg (5.22%), Potassium: 152.81mg (4.37%), Calcium: 42.99mg (4.3%), Vitamin A: 192.12IU (3.84%), Vitamin B2: 0.06mg (3.79%), Vitamin E: 0.42mg (2.79%), Vitamin B5: 0.22mg (2.16%), Folate: 8.26µg (2.06%), Vitamin B1: 0.03mg (1.99%), Vitamin B12: 0.11µg (1.91%), Vitamin K: 1.94µg (1.85%), Vitamin B3: 0.34mg (1.71%), Vitamin B6: 0.03mg (1.39%), Vitamin D: 0.21µg (1.37%)