



Halloween Peppermint Patties

 Vegetarian  Gluten Free  Dairy Free

READY IN



375 min.

SERVINGS



6

CALORIES



511 kcal

SIDE DISH

Ingredients

- 8 ounce bars 53 percent cocoa chocolate dark chopped
- 0.3 cup pasteurized liquid egg white product
- 6 servings orange food coloring as needed
- 0.3 teaspoon peppermint extract pure
- 3.5 cups powdered sugar as needed
- 1 teaspoon vegetable oil
- 1 teaspoon water as needed

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- stand mixer

Directions

- Line 2 baking sheets with parchment paper. Set aside.
- In a stand mixer fitted with a paddle attachment, combine the powdered sugar, egg white product, 1 teaspoon water, peppermint extract and 1 to 2 drops of food coloring, if using.
- Mix on low speed until smooth. Increase the speed to high and beat until the mixture forms a stiff dough (if the mixture becomes too stiff, add extra water, 1/2 teaspoon at a time and beat until smooth).
- Put the mixture on a work surface dusted with powdered sugar and roll it into a log about 12-inches long and 1 1/4-inches in diameter. Slice the log into 1/4 to 1/2-inch pieces, form them into balls and flatten into discs. Arrange in single layers on the prepared baking sheets.
- Let the candies dry, uncovered, at room temperature for 3 hours.
- Put the chocolate and vegetable oil in a small bowl and set it over a pan of barely simmering water. Stir until the chocolate is smooth and melted. Dip 1 half of each candy into the melted chocolate and return them to the parchment paper until the chocolate has set, about 3 hours.

Nutrition Facts



PROTEIN 3.13% **FAT 29.37%** **CARBS 67.5%**

Properties

Glycemic Index:3.83, Glycemic Load:3.04, Inflammation Score:-3, Nutrition Score:8.3313042706122%

Nutrients (% of daily need)

Calories: 510.72kcal (25.54%), Fat: 16.88g (25.97%), Saturated Fat: 9.37g (58.57%), Carbohydrates: 87.3g (29.1%), Net Carbohydrates: 83.18g (30.25%), Sugar: 77.62g (86.25%), Cholesterol: 1.13mg (0.38%), Sodium: 25.82mg (1.12%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Caffeine: 30.24mg (10.08%), Protein: 4.05g (8.1%), Manganese: 0.74mg (37.03%), Copper: 0.68mg (33.75%), Iron: 4.55mg (25.27%), Magnesium: 87.32mg (21.83%), Fiber: 4.12g (16.48%), Phosphorus: 117.95mg (11.8%), Zinc: 1.26mg (8.41%), Potassium: 288.42mg (8.24%), Selenium:

5.02 μ g (7.16%), Vitamin B2: 0.09mg (5.14%), Vitamin K: 4.14 μ g (3.94%), Calcium: 29.05mg (2.9%), Vitamin B3: 0.41mg (2.05%), Vitamin B12: 0.12 μ g (1.92%), Vitamin E: 0.28mg (1.9%), Vitamin B5: 0.18mg (1.77%)