



McCormick® Double Chocolate Chunk Mint Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup firmly brown sugar light packed
- ☐ 1 cup butter softened
- ☐ 2 eggs
- ☐ 2 cups flour
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon peppermint extract mccormick®

- ☐ 0.3 teaspoon salt
- ☐ 6 ounces semi-sweet baking chocolate coarsely chopped
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 1 cup walnuts coarsely chopped

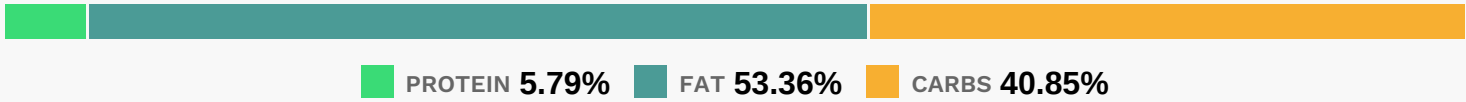
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Mix flour, cocoa powder, baking soda and salt in medium bowl. Set aside. Beat butter and sugars in large bowl with electric mixer on medium speed until light and fluffy.
- ☐ Add eggs and extract; mix well. Gradually beat in flour mixture on low speed until well mixed. Stir in chocolate and walnuts.
- ☐ Drop dough by rounded tablespoons about 2 inches apart onto baking sheets sprayed with no stick cooking spray.
- ☐ Bake 8 to 10 minutes or just until cookies are set. Cool on baking sheets 2 minutes.
- ☐ Remove to wire racks; cool completely.

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:11.64, Inflammation Score:-4, Nutrition Score:6.8313043227662%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 6.11mg, Catechin: 6.11mg, Catechin: 6.11mg, Catechin: 6.11mg Epicatechin: 14.74mg, Epicatechin: 14.74mg, Epicatechin: 14.74mg, Epicatechin:

14.74mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 239.6kcal (11.98%), Fat: 15.36g (23.63%), Saturated Fat: 7.78g (48.61%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 23.79g (8.65%), Sugar: 14.55g (16.16%), Cholesterol: 33.98mg (11.33%), Sodium: 140.17mg (6.09%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Caffeine: 11.16mg (3.72%), Protein: 3.75g (7.5%), Manganese: 0.63mg (31.51%), Copper: 0.42mg (20.92%), Iron: 2.3mg (12.8%), Magnesium: 46.29mg (11.57%), Fiber: 2.67g (10.67%), Selenium: 6.03µg (8.61%), Phosphorus: 83.79mg (8.38%), Zinc: 1.13mg (7.52%), Vitamin B1: 0.11mg (7.51%), Folate: 28.66µg (7.16%), Vitamin B2: 0.09mg (5.49%), Vitamin A: 257.14IU (5.14%), Vitamin B3: 0.83mg (4.16%), Potassium: 143.66mg (4.1%), Calcium: 26.07mg (2.61%), Vitamin B6: 0.04mg (2.23%), Vitamin E: 0.33mg (2.19%), Vitamin B5: 0.17mg (1.66%), Vitamin K: 1.58µg (1.51%)