



WHATSheATE



McCormick® Double Chocolate Chunk Mint Cookies



Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



208 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

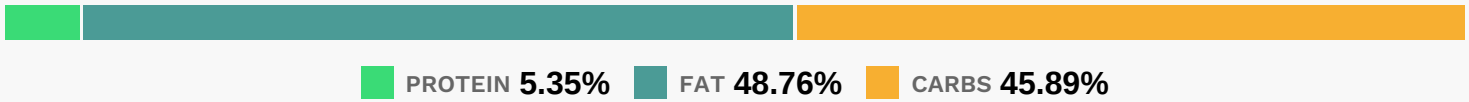
Equipment

- ☐ 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:8.13, Glycemic Load:11.57, Inflammation Score:-4, Nutrition Score:5.7282608799312%

Flavonoids

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: 207.72kcal (10.39%), Fat: 12.18g (18.74%), Saturated Fat: 7.48g (46.74%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 23.45g (8.53%), Sugar: 14.42g (16.02%), Cholesterol: 33.98mg (11.33%), Sodium: 140.07mg (6.09%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Caffeine: 11.16mg (3.72%), Protein: 3.01g (6.02%), Manganese: 0.46mg (23.19%), Copper: 0.34mg (17.05%), Iron: 2.16mg (12.01%), Magnesium: 38.59mg (9.65%), Fiber: 2.34g (9.37%), Selenium: 5.79µg (8.27%), Phosphorus: 66.92mg (6.69%), Zinc: 0.98mg (6.51%), Vitamin B1: 0.1mg (6.4%), Folate: 23.88µg (5.97%), Vitamin A: 256.16IU (5.12%), Vitamin B2: 0.09mg (5.06%), Vitamin B3: 0.78mg (3.89%), Potassium: 122.16mg (3.49%), Calcium: 21.29mg (2.13%), Vitamin E: 0.29mg (1.97%), Vitamin K: 1.45µg (1.38%), Vitamin B5: 0.14mg (1.38%)