

## Mint Chocolate Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



136 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1.5 cups brown sugar packed
- 0.8 cup butter softened
- 1 cup chocolate covered creamy mints
- 3 eggs
- 1.5 cups flour all-purpose
- 1 ounce bittersweet chocolate
- 4 ounce chocolate unsweetened
- 0.5 cup cocoa powder unsweetened

1 teaspoon vanilla extract

## Equipment

bowl

baking sheet

oven

double boiler

aluminum foil

## Directions

Preheat oven to 325 degrees F (165 degrees C). Line cookie sheets with aluminum foil or baking parchment.

Chop chocolates and mints.

Place the chocolates and mints in the top part of a double boiler over medium heat. Stir occasionally until melted and set aside.

In a large bowl, beat the butter until soft.

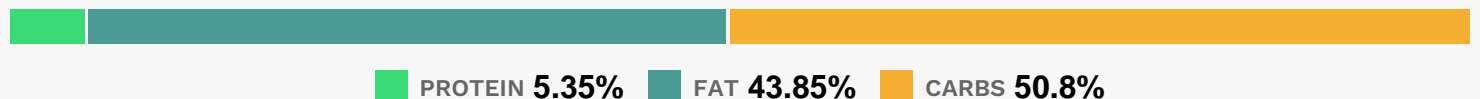
Add vanilla and sugar and mix well. Beat in the eggs one at a time. Stir in the melted chocolate. Sift together the flour, cocoa, and baking soda.

Add to mixture and stir until well blended. Drop by tablespoon at least 2 inches apart on cookie sheets.

Bake 15 to 18 minutes until lightly colored.

Let cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:3.47, Glycemic Load:2.88, Inflammation Score:-2, Nutrition Score:3.4330434414518%

## Flavonoids

Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epicatechin: 6.81mg, Epicatechin: 6.81mg, Epicatechin: 6.81mg, Epicatechin: 6.81mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 135.83kcal (6.79%), Fat: 7.09g (10.9%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 17.15g (6.24%), Sugar: 12.38g (13.76%), Cholesterol: 24mg (8%), Sodium: 71.58mg (3.11%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Caffeine: 6.44mg (2.15%), Protein: 1.94g (3.89%), Manganese: 0.25mg (12.4%), Copper: 0.19mg (9.51%), Iron: 1.22mg (6.79%), Magnesium: 22.42mg (5.6%), Fiber: 1.32g (5.29%), Selenium: 3.67µg (5.24%), Phosphorus: 44.96mg (4.5%), Zinc: 0.56mg (3.73%), Vitamin B1: 0.05mg (3.51%), Vitamin B2: 0.06mg (3.45%), Folate: 13.15µg (3.29%), Vitamin A: 142.93IU (2.86%), Potassium: 98.59mg (2.82%), Calcium: 21.09mg (2.11%), Vitamin B3: 0.42mg (2.09%), Vitamin E: 0.18mg (1.23%), Vitamin B5: 0.12mg (1.2%), Vitamin B12: 0.06µg (1.01%)