



Mint-Chocolate Drops

READY IN



45 min.

SERVINGS



36

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup mint-chocolate chips divided
- ☐ 1 eggs
- ☐ 1 egg white
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons skim milk
- ☐ 0.7 cup sugar

- ☐ 0.5 cup cocoa unsweetened
- ☐ 1.3 teaspoons vanilla extract
- ☐ 2 tablespoons vegetable oil

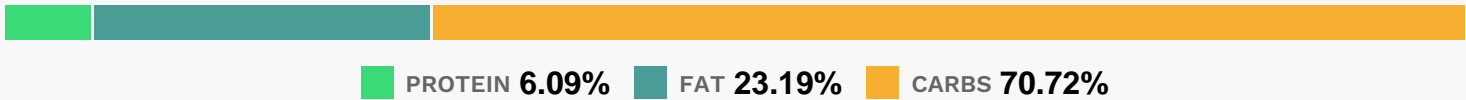
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Combine the first 3 ingredients in a bowl; beat at medium speed of a mixer until blended.
- ☐ Add egg and egg white; beat well.
- ☐ Combine flour, cocoa, baking soda, and salt; stir well. Gradually add to molasses mixture, beating well. Stir in 1/2 cup chips, milk, and vanilla.
- ☐ Drop the dough by level tablespoons onto baking sheets coated with cooking spray.
- ☐ Bake at 325 for 12 minutes; let cool on pans 1 minute.
- ☐ Remove from pans; let cool completely on wire racks.
- ☐ Place remaining chips in a small zip-top heavy-duty plastic bag, and seal bag. Submerge bag in very hot water until chips melt. Snip a tiny hole in 1 corner of bag, and drizzle chocolate over cookies.

Nutrition Facts



Properties

Glycemic Index:6.18, Glycemic Load:7.46, Inflammation Score:-1, Nutrition Score:2.1795651958041%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 77.52kcal (3.88%), Fat: 2.07g (3.19%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 13.6g (4.94%), Sugar: 8.04g (8.94%), Cholesterol: 4.57mg (1.52%), Sodium: 51.6mg (2.24%), Alcohol: 0.05g (100%), Alcohol %: 0.27% (100%), Protein: 1.23g (2.45%), Manganese: 0.14mg (7.1%), Selenium: 3.66µg (5.23%), Magnesium: 15.39mg (3.85%), Vitamin B1: 0.06mg (3.85%), Iron: 0.66mg (3.67%), Copper: 0.07mg (3.6%), Folate: 13.72µg (3.43%), Vitamin B2: 0.05mg (2.85%), Fiber: 0.63g (2.52%), Potassium: 85.39mg (2.44%), Vitamin B3: 0.47mg (2.34%), Phosphorus: 20.68mg (2.07%), Vitamin B6: 0.03mg (1.4%), Vitamin K: 1.44µg (1.38%), Calcium: 13.25mg (1.33%), Zinc: 0.16mg (1.06%)