



Mint-Chocolate Sandwiches

READY IN



45 min.

SERVINGS



36

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 oz chocolate wafers such as nabisco famous
- ☐ 0.8 teaspoon peppermint extract
- ☐ 12 oz semi-sweet chocolate chips divided
- ☐ 0.3 cup whipping cream

Equipment

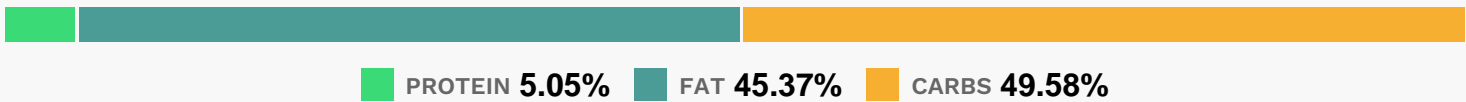
- ☐ baking sheet
- ☐ sauce pan
- ☐ wire rack

☐ double boiler

Directions

- ☐ In a small saucepan, bring cream to a simmer over medium heat.
- ☐ Add 3/4 cup chocolate chips; stir constantly until melted and smooth. Stir in extract.
- ☐ Let cool 15 minutes.
- ☐ Spoon one teaspoon chocolate mixture onto a wafer cookie; sandwich with another cookie. Repeat with remaining cookies. Refrigerate for 10 minutes, or until firm.
- ☐ Melt remaining chocolate in a double boiler, stirring constantly.
- ☐ Let cool slightly. Dip each sandwich into melted chocolate to coat; shake off excess.
- ☐ Place sandwiches on a wire rack set over a baking sheet; refrigerate 15 minutes, or until set.

Nutrition Facts



Properties

Glycemic Index:1.38, Glycemic Load:4.86, Inflammation Score:-1, Nutrition Score:2.8191304081322%

Nutrients (% of daily need)

Calories: 121.95kcal (6.1%), Fat: 6.23g (9.58%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 14.08g (5.12%), Sugar: 8.83g (9.81%), Cholesterol: 2.72mg (0.91%), Sodium: 83.61mg (3.64%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Caffeine: 9.54mg (3.18%), Protein: 1.56g (3.12%), Manganese: 0.22mg (11.2%), Copper: 0.18mg (9.19%), Iron: 1.17mg (6.49%), Magnesium: 24.27mg (6.07%), Fiber: 1.24g (4.95%), Phosphorus: 44.24mg (4.42%), Zinc: 0.41mg (2.73%), Vitamin B2: 0.05mg (2.68%), Vitamin B3: 0.49mg (2.43%), Potassium: 85.04mg (2.43%), Selenium: 1.65µg (2.36%), Vitamin B1: 0.03mg (2.14%), Folate: 6.73µg (1.68%), Vitamin E: 0.17mg (1.15%), Calcium: 11.35mg (1.14%), Vitamin K: 1.07µg (1.02%)