

 Vegetarian

ready

servings

calories

DESSERT

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 24 chocolate covered mint cookies thin
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 24 pecan halves
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 teaspoons water
- ☐ 0.3 cup sugar white

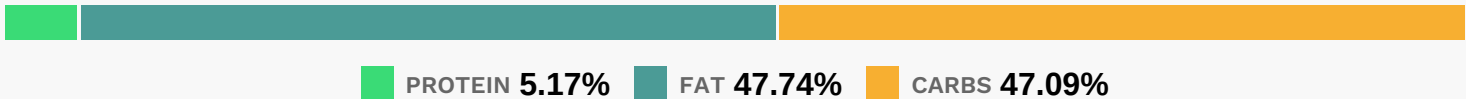
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ In a large mixing bowl, cream the butter, white and dark sugars. Beat in the egg, water and vanilla. In a separate bowl, sift together the flour, baking soda, and salt. Blend flour mixture into the butter mixture, and stir well. Wrap dough in waxed paper and chill at least 2 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets. Cover each thin mint with 1 tablespoon of dough.
- ☐ Place on cookie sheet and top with a pecan.
- ☐ Bake at 375 for 10 to 12 minutes.
- ☐ Let cool slightly on cookie sheet before removing to racks.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:6.26, Inflammation Score:-2, Nutrition Score:1.9639130565135%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg

Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 94.98kcal (4.75%), Fat: 5.11g (7.87%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 10.92g (3.97%), Sugar: 5.09g (5.66%), Cholesterol: 16.99mg (5.66%), Sodium: 105.42mg (4.58%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 1.25g (2.49%), Manganese: 0.13mg (6.52%), Vitamin B1: 0.07mg (4.82%), Selenium: 3.36µg (4.79%), Folate: 16.77µg (4.19%), Vitamin A: 171.35IU (3.43%), Vitamin B2: 0.05mg (3.16%), Iron: 0.5mg (2.78%), Vitamin B3: 0.5mg (2.5%), Phosphorus: 17.91mg (1.79%), Copper: 0.03mg (1.7%), Fiber: 0.43g (1.7%), Magnesium: 4.75mg (1.19%), Zinc: 0.16mg (1.06%), Vitamin E: 0.15mg (1.02%)