



## Mint Sandies

READY IN



45 min.

SERVINGS



50

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon baking soda
- 6 tablespoons firmly brown sugar packed
- 0.3 lb butter at room temperature
- 1 large eggs
- 1.3 cups flour all-purpose
- 6 tablespoons granulated sugar
- 5 ounces candies green coarsely chopped mint-flavored
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- spatula

## Directions

- In a bowl, with an electric mixer on medium speed, beat butter, granulated sugar, and brown sugar until well blended. Beat in egg and vanilla until smooth, scraping down sides of bowl as needed.
- In another bowl, mix flour, baking soda, and salt. Stir or beat into butter mixture until well incorporated. Stir in chopped candy.
- Drop dough in 2-teaspoon portions, 2 inches apart, onto buttered or cooking parchment-lined 12- by 15-inch baking sheets.
- Bake cookies in a 350 oven until lightly browned, 8 to 10 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- With a wide spatula, transfer cookies to racks to cool. If hot cookies start to break, slide a thin spatula under them to release; let stand on pan to firm up, 2 to 5 minutes, then transfer to racks to cool completely.

## Nutrition Facts



**PROTEIN 4.41%** **FAT 43.19%** **CARBS 52.4%**

## Properties

Glycemic Index:3.9, Glycemic Load:2.73, Inflammation Score:-1, Nutrition Score:0.67086956504246%

## Nutrients (% of daily need)

Calories: 54.43kcal (2.72%), Fat: 2.63g (4.05%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 7.02g (2.55%), Sugar: 4.63g (5.14%), Cholesterol: 9.02mg (3.01%), Sodium: 40.99mg (1.78%),

Alcohol: 0.01g (100%), Alcohol %: 0.14% (100%), Protein: 0.61g (1.21%), Selenium: 1.42µg (2.02%), Vitamin B1: 0.03mg (1.67%), Folate: 6.27µg (1.57%), Vitamin A: 68.43IU (1.37%), Vitamin B2: 0.02mg (1.24%), Iron: 0.21mg (1.16%), Manganese: 0.02mg (1.13%)