



Mint Thins

READY IN



90 min.

SERVINGS



42

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup cocoa powder
- ☐ 1 eggs
- ☐ 0.8 teaspoon dave's vanilla and coffee syrup
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 12 ounces bittersweet chocolate
- ☐ 0.3 cup butter unsalted
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ pot

Directions

- ☐ Cream the butter until it's light and fluffy.
- ☐ Add the powdered sugar and continue mixing, stopping to scrape the sides of the bowl as needed.
- ☐ Mix in the egg and vanilla extract. Sift together the flour, cocoa powder, and salt.
- ☐ Add the flour mixture by halves, beating to incorporate after each addition.
- ☐ Turn out the dough onto a clean surface and form it into a disk with your hands. Split the disk in half and place them in the fridge to firm up for 1 hour.
- ☐ Working on a floured surface (you'll need a decent amount, since the dough is sticky), roll out the dough to 1/8-inch thick. Shape the cookies using a 1 1/2-inch round cutter and place them on a parchment-paper-lined baking sheet.
- ☐ Bake for 10 to 12 minutes, then let cool completely.
- ☐ Break up the chocolate into a bowl and set it over a small pot of simmering water (make sure the bowl doesn't touch the water).
- ☐ Add the butter and peppermint flavor and stir the mixture steadily until it's fully melted and looks glossy and smooth.
- ☐ Remove the bowl and let the chocolate cool slightly.
- ☐ One by one, drop the cookies into the chocolate, then scoop them out with a fork to let the excess drip off. (Tap the cookies against the side of the bowl to help drain the extra chocolate.) Move them carefully to a wire rack or parchment paper-lined baking sheet. When they're all coated, move the sheet to the refrigerator for freezer to set.

Nutrition Facts



PROTEIN 5.96% **FAT 44.41%** **CARBS 49.63%**

Properties

Glycemic Index:4.17, Glycemic Load:2.54, Inflammation Score:-2, Nutrition Score:2.5717391034831%

Flavonoids

Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 89.12kcal (4.46%), Fat: 4.53g (6.97%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 10.11g (3.68%), Sugar: 5.87g (6.52%), Cholesterol: 7.29mg (2.43%), Sodium: 16.76mg (0.73%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Caffeine: 10.11mg (3.37%), Protein: 1.37g (2.74%), Manganese: 0.19mg (9.54%), Copper: 0.16mg (8.03%), Magnesium: 22.22mg (5.55%), Iron: 0.93mg (5.16%), Fiber: 1.27g (5.09%), Selenium: 2.74µg (3.92%), Phosphorus: 38.31mg (3.83%), Vitamin B1: 0.04mg (2.61%), Zinc: 0.35mg (2.36%), Folate: 9.14µg (2.28%), Potassium: 73.45mg (2.1%), Vitamin B2: 0.04mg (2.07%), Vitamin B3: 0.36mg (1.81%)