



Mint Thins

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 candy canes crushed (6 inch)
- 0.3 tsp peppermint extract
- 36 ritz crackers
- 8 oz baker's semi-sweet chocolate cooled melted

Equipment

- baking sheet

Directions

- Mix chocolate and extract.
- Dip crackers in chocolate mixture, turning to evenly coat both sides of each cracker. Carefully scrape off excess chocolate.
- Place crackers in single layer on waxed paper-covered baking sheets; sprinkle with crushed candy.
- Refrigerate 30 min. or until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0660869493757%

Nutrients (% of daily need)

Calories: 41.06kcal (2.05%), Fat: 2.49g (3.83%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.05g (2.28%), Cholesterol: 0.3mg (0.1%), Sodium: 21.67mg (0.94%), Alcohol: 0.01g (100%), Alcohol %: 0.13% (100%), Caffeine: 4.33mg (1.44%), Protein: 0.48g (0.96%), Manganese: 0.08mg (3.99%), Copper: 0.07mg (3.29%), Iron: 0.43mg (2.37%), Magnesium: 9.33mg (2.33%), Phosphorus: 19.66mg (1.97%), Fiber: 0.46g (1.83%), Vitamin K: 1.56µg (1.49%)