



HEALTH SCORE

54%

Peppermint Bonbon Cookies

READY IN



38 min.

SERVINGS



1

CALORIES



4408 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 6 tablespoons granulated sugar
- ☐ 0.5 cup peppermint candies hard crushed finely
- ☐ 1 serving peppermint candies hard divided crushed
- ☐ 1 teaspoon peppermint extract
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces bittersweet chocolate chopped

- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 cup butter unsalted
- ☐ 1.5 ounces baker's chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

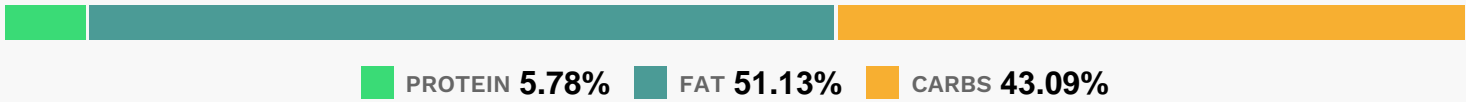
Directions

- ☐ Combine first 3 ingredients in a large saucepan; cook over low heat until chocolate melts and mixture is smooth, stirring occasionally.
- ☐ Remove from heat, and stir in 1/2 cup crushed peppermint and 6 Tbsp. sugar.
- ☐ Let cool 30 minutes.
- ☐ Add eggs to melted chocolate, 1 at a time, stirring well. Stir in extracts.
- ☐ Combine flour, baking powder, and salt; add to chocolate mixture, stirring until combined. Stir in chocolate morsels. Cover and chill dough 2 hours or until firm enough to shape.
- ☐ Shape dough into 1 1/2" balls; place on parchment paper-lined baking sheets.
- ☐ Bake at 325 for 12 to 13 minutes or until cookies are puffed and cracked on top.
- ☐ Sprinkle coarsely crushed peppermints onto cookies; press candy lightly into cookies.
- ☐ Let cookies cool 5 minutes on baking sheets.
- ☐ Transfer to wire rack to cool completely.
- ☐ Whisk together powdered sugar and milk; drizzle over cooled cookies, if desired.
- ☐ Drizzle with melted chocolate, if desired.
- ☐ Sprinkle cookies again with chopped peppermint, if desired.

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Let cookies stand until glaze and chocolate are firm.

Nutrition Facts



Properties

Glycemic Index:377.09, Glycemic Load:211.49, Inflammation Score:-10, Nutrition Score:69.009565685106%

Flavonoids

Catechin: 27.36mg, Catechin: 27.36mg, Catechin: 27.36mg, Catechin: 27.36mg Epicatechin: 60.31mg, Epicatechin: 60.31mg, Epicatechin: 60.31mg, Epicatechin: 60.31mg

Nutrients (% of daily need)

Calories: 4408.22kcal (220.41%), Fat: 252.01g (387.7%), Saturated Fat: 146.84g (917.75%), Carbohydrates: 477.89g (159.3%), Net Carbohydrates: 440.42g (160.15%), Sugar: 248.79g (276.43%), Cholesterol: 821.03mg (273.68%), Sodium: 1171.93mg (50.95%), Alcohol: 2.75g (100%), Alcohol %: 0.36% (100%), Caffeine: 306.46mg (102.15%), Protein: 64.11g (128.22%), Manganese: 7.32mg (365.9%), Copper: 5.74mg (286.81%), Iron: 39.15mg (217.5%), Selenium: 141.24µg (201.77%), Magnesium: 759.92mg (189.98%), Phosphorus: 1586.72mg (158.67%), Fiber: 37.47g (149.88%), Vitamin B1: 1.7mg (113.49%), Vitamin B2: 1.87mg (109.96%), Folate: 428.94µg (107.23%), Zinc: 15.86mg (105.72%), Vitamin A: 3804.76IU (76.1%), Potassium: 2598.05mg (74.23%), Vitamin B3: 14.5mg (72.48%), Calcium: 556.97mg (55.7%), Vitamin B5: 4.27mg (42.7%), Vitamin E: 6.36mg (42.4%), Vitamin B12: 2.1µg (34.97%), Vitamin K: 35.89µg (34.18%), Vitamin D: 4.7µg (31.35%), Vitamin B6: 0.46mg (23.11%)