

Peppermint Crunch Cookie Dough Ball

Picky Palate

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♥♥ Popular

READY IN



45 min.

SERVINGS



16

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 0.3 cup candy cane pieces crushed chopped
- ☐ 1 cup gold medal flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 cup andes mint chips
- ☐ 5 andes peppermint crunch pieces chopped
- ☐ 2 tablespoons butter unsalted melted

☐ 0.5 teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ baking paper

Directions

- ☐ In a large bowl cream the butter and sugars until well combined, a good 2 minutes. Stir in vanilla until combined then add flour and salt, stirring. Stir in melted butter then add Andes mint pieces. Stir until combined.
- ☐ Transfer dough to a piece of parchment paper. With hands, form a round ball with the dough and roll in candy cane pieces.
- ☐ Place on serving plate and dip your favorite sweets. Use the Peppermint Andes bars and Oreo Cookies

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:8.68, Inflammation Score:-2, Nutrition Score:1.7421739096551%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

Nutrients (% of daily need)

Calories: 95.2kcal (4.76%), Fat: 1.65g (2.54%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 19.12g (6.95%), Sugar: 13.12g (14.58%), Cholesterol: 3.76mg (1.25%), Sodium: 39.75mg (1.73%), Alcohol: 0.04g (100%), Alcohol %: 0.18% (100%), Protein: 0.95g (1.9%), Manganese: 0.09mg (4.57%), Folate: 17.62µg (4.41%), Vitamin B1: 0.06mg (4.25%), Selenium: 2.79µg (3.98%), Vitamin A: 163.21IU (3.26%), Iron: 0.56mg (3.1%), Vitamin B2: 0.05mg (2.82%), Vitamin B3: 0.52mg (2.59%), Fiber: 0.44g (1.74%), Calcium: 14.7mg (1.47%), Copper: 0.02mg (1.23%), Magnesium: 4.64mg (1.16%), Phosphorus: 11.19mg (1.12%), Vitamin C: 0.89mg (1.08%)