



Peppermint-Fudge Sandwich Cookies

READY IN



10 min.

SERVINGS



6

CALORIES



212 kcal

Ingredients

- 12 chocolate wafers such as nabisco famous
- 8 oz philadelphia cream cheese softened
- 1 drop peppermint extract
- 1 drop food coloring red
- 1 cup cool whip whipped topping thawed

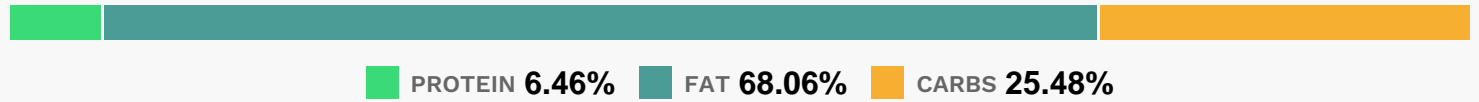
Equipment

Directions

- Mix all ingredients except wafers until blended.

Spoon onto 6 wafers; cover with remaining wafers.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:4.68, Inflammation Score:-3, Nutrition Score:3.1491304376851%

Nutrients (% of daily need)

Calories: 212.31kcal (10.62%), Fat: 16.34g (25.15%), Saturated Fat: 9.56g (59.73%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 13.35g (4.86%), Sugar: 8.86g (9.85%), Cholesterol: 38.67mg (12.89%), Sodium: 197.29mg (8.58%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 3.49g (6.98%), Vitamin A: 518.34IU (10.37%), Vitamin B2: 0.13mg (7.65%), Phosphorus: 65.54mg (6.55%), Selenium: 4.23µg (6.05%), Calcium: 49.26mg (4.93%), Manganese: 0.09mg (4.39%), Copper: 0.06mg (3.18%), Vitamin E: 0.47mg (3.16%), Iron: 0.54mg (2.97%), Magnesium: 10.64mg (2.66%), Vitamin B5: 0.26mg (2.61%), Potassium: 87.74mg (2.51%), Vitamin B1: 0.04mg (2.37%), Folate: 9.42µg (2.35%), Zinc: 0.33mg (2.22%), Vitamin B12: 0.12µg (1.98%), Vitamin B3: 0.39mg (1.95%), Fiber: 0.41g (1.63%), Vitamin B6: 0.03mg (1.49%), Vitamin K: 1.48µg (1.41%)