



Peppermint Meltaways

READY IN



40 min.

SERVINGS



30

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter softened
- 0.5 cup powdered sugar
- 0.5 teaspoon peppermint extract
- 1.3 cups flour all-purpose
- 0.5 cup cornstarch
- 2 tablespoons butter softened
- 2 tablespoons milk 2%
- 0.3 teaspoon peppermint extract
- 2 drops food coloring red

- 1.5 cups powdered sugar
- 0.5 cup peppermint candies crushed

Equipment

- bowl
- baking sheet
- oven
- whisk
- hand mixer
- stand mixer

Directions

- In a small bowl, use a hand mixer or stand mixer to cream the butter and confectioners' sugar until light and fluffy, three to four minutes. Beat in the extract. In another bowl, whisk together the flour and cornstarch. Gradually beat the dry mixture into the creamed mixture until just combined. Editor's Tip: Do not over-beat the dry ingredients into the wet ingredients or you'll end up with tough, dense cookies. Instead, beat everything until just combined.
- Cover the bowl with storage wrap and refrigerate until firm enough to handle, about 30 minutes. Preheat the oven to 350°F.
- Shape dough into 1-inch balls.
- Place the balls 2 inches apart on ungreased baking sheets.
- Bake until the bottoms are light brown, 9 to 11 minutes.
- Remove the cookies from the pans and place on wire racks. Cool completely to room temperature. Editor's Tip: Use a cookie scoop to portion the balls so they're uniform in size.
- In a small bowl, use a hand mixer or stand mixer to beat the butter until fluffy. Beat in the milk, extract and, if desired, food coloring. Gradually beat in the confectioners' sugar until smooth.
- Spread the frosting over the cookies.
- Sprinkle with crushed candies.

Nutrition Facts



■ PROTEIN 2.35% ■ FAT 52.21% ■ CARBS 45.44%

Properties

Glycemic Index:5.83, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:1.1239130406276%

Nutrients (% of daily need)

Calories: 141.35kcal (7.07%), Fat: 8.33g (12.81%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 16.15g (5.87%), Sugar: 10.15g (11.27%), Cholesterol: 18.35mg (6.12%), Sodium: 58.03mg (2.52%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 0.84g (1.69%), Vitamin A: 213.43IU (4.27%), Selenium: 1.98µg (2.83%), Vitamin B1: 0.04mg (2.78%), Folate: 9.84µg (2.46%), Vitamin B2: 0.03mg (1.89%), Manganese: 0.04mg (1.87%), Vitamin B3: 0.31mg (1.56%), Iron: 0.26mg (1.44%), Vitamin E: 0.2mg (1.34%), Calcium: 10.07mg (1.01%)