



Peppermint Patties

 **Gluten Free**  **Popular**

READY IN



175 min.

SERVINGS



28

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups confectioners' sugar
- 1.5 teaspoons peppermint extract
- 3 cups semi chocolate chips
- 2 teaspoons shortening
- 0.8 cup condensed milk sweetened

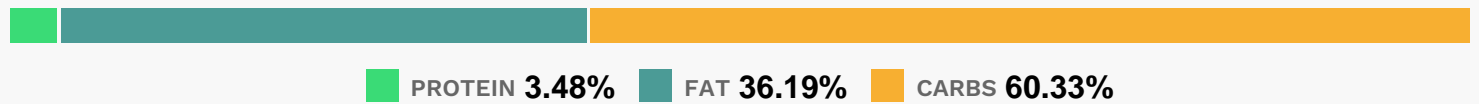
Equipment

- sauce pan
- mixing bowl

Directions

- In a large mixing bowl, combine condensed milk and peppermint extract. Beat in enough confectioners' sugar, a little at a time, to form a stiff dough that is no longer sticky. Form into 1 inch balls, then place on waxed paper and flatten with fingers to form patties.
- Let patties dry at room temperature two hours, turning once.
- In a medium saucepan over low heat, melt chocolate with shortening, stirring often.
- Remove from heat. Dip patties, one at a time, into chocolate by laying them on the tines of a fork and lowering the fork into the liquid.
- Let cool on waxed paper until set.

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:2.72, Inflammation Score:-1, Nutrition Score:3.5295652397301%

Nutrients (% of daily need)

Calories: 208.39kcal (10.42%), Fat: 8.45g (13.01%), Saturated Fat: 4.79g (29.92%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 30.16g (10.97%), Sugar: 28.33g (31.48%), Cholesterol: 3.94mg (1.31%), Sodium: 12.71mg (0.55%), Alcohol: 0.07g (100%), Alcohol %: 0.21% (100%), Caffeine: 16.59mg (5.53%), Protein: 1.83g (3.66%), Manganese: 0.26mg (12.86%), Copper: 0.24mg (12.16%), Magnesium: 36.1mg (9.02%), Phosphorus: 70.89mg (7.09%), Iron: 1.25mg (6.92%), Fiber: 1.54g (6.17%), Selenium: 2.94µg (4.19%), Potassium: 140.42mg (4.01%), Zinc: 0.59mg (3.93%), Calcium: 35.43mg (3.54%), Vitamin B2: 0.05mg (2.77%), Vitamin K: 1.63µg (1.55%), Vitamin B5: 0.12mg (1.22%), Vitamin B12: 0.07µg (1.18%)