



## Peppermint Patties

READY IN



45 min.

SERVINGS



12

CALORIES



330 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup dutch-processed cocoa powder
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 3 cups vanilla ice cream low-fat softened
- ☐ 1 cup peppermint candies hard crushed

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

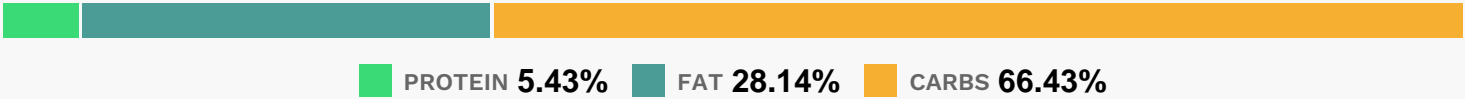
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

## Directions

- ☐ To prepare cookies, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cocoa, baking soda, and salt, stirring with a whisk.
- ☐ Combine sugars and butter in a large bowl, and beat with a mixer at medium speed until well blended.
- ☐ Add vanilla and egg, and beat well.
- ☐ Add flour mixture to sugar mixture, and beat at low speed until well blended.
- ☐ Lightly coat hands with cooking spray. Divide dough in half. Shape each half into a 6-inch log. Wrap logs individually in plastic wrap; freeze 1 hour or until firm.
- ☐ Preheat oven to 35
- ☐ Cut each dough log into 24 (1/4-inch) slices; place cookies 1 inch apart on baking sheets coated with cooking spray.
- ☐ Bake at 350 for 11 minutes or until set. Cool completely on wire racks.
- ☐ To prepare filling, place candies in a shallow bowl.
- ☐ Spread 2 tablespoons ice cream onto flat side of each of 24 cookies. Top with remaining cookies, flat sides down, pressing gently. Lightly roll the sides of each sandwich in candy. Wrap each sandwich tightly in plastic wrap; freeze 4 hours or until firm.

# Nutrition Facts



## Properties

Glycemic Index:25.09, Glycemic Load:27.82, Inflammation Score:-4, Nutrition Score:5.6060869123625%

## Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 329.75kcal (16.49%), Fat: 10.41g (16.01%), Saturated Fat: 6.32g (39.52%), Carbohydrates: 55.29g (18.43%), Net Carbohydrates: 53.87g (19.59%), Sugar: 35.33g (39.25%), Cholesterol: 46.1mg (15.37%), Sodium: 192.4mg (8.37%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 5.49mg (1.83%), Protein: 4.52g (9.03%), Vitamin B2: 0.2mg (12%), Selenium: 7.93µg (11.33%), Manganese: 0.21mg (10.42%), Vitamin B1: 0.15mg (9.79%), Vitamin A: 429.1IU (8.58%), Folate: 33.97µg (8.49%), Phosphorus: 84.46mg (8.45%), Calcium: 78.94mg (7.89%), Iron: 1.27mg (7.08%), Copper: 0.13mg (6.38%), Fiber: 1.42g (5.68%), Magnesium: 22.23mg (5.56%), Vitamin B3: 1.04mg (5.22%), Potassium: 152.95mg (4.37%), Zinc: 0.62mg (4.11%), Vitamin B12: 0.23µg (3.86%), Vitamin B5: 0.34mg (3.44%), Vitamin E: 0.32mg (2.14%), Vitamin B6: 0.04mg (1.9%)