



Peppermint Sandwich Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



133 kcal

DESSERT

Ingredients

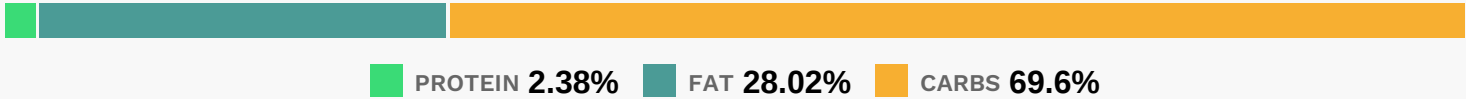
- ☐ 20 chocolate wafers
- ☐ 3 tablespoons peppermint candies hard crushed
- ☐ 0.3 teaspoon peppermint extract
- ☐ 0.7 cup ready-to-spread vanilla frosting

Equipment

Directions

- ☐
- Combine first 3 ingredients; spread mixture on half of chocolate wafers. Top with remaining chocolate wafers.
- ☐
- Note: Cookies may be assembled in advance and refrigerated up to eight hours. (They will soften slightly.)

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:11.45, Inflammation Score:-1, Nutrition Score:1.4486956517819%

Nutrients (% of daily need)

Calories: 133.19kcal (6.66%), Fat: 4.14g (6.38%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 22.76g (8.27%), Sugar: 17.01g (18.89%), Cholesterol: 0.24mg (0.08%), Sodium: 97.33mg (4.23%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 0.79g (1.58%), Vitamin B2: 0.08mg (4.56%), Manganese: 0.08mg (4.19%), Iron: 0.51mg (2.81%), Copper: 0.06mg (2.78%), Vitamin K: 2.25µg (2.14%), Vitamin E: 0.32mg (2.11%), Vitamin B3: 0.38mg (1.88%), Phosphorus: 18.56mg (1.86%), Vitamin B1: 0.03mg (1.73%), Folate: 6.85µg (1.71%), Fiber: 0.41g (1.63%), Magnesium: 6.52mg (1.63%)