

Starlight Mint Surprise Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



84

CALORIES



68 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1 cup butter softened
- 100 chocolate mint wafer candies
- 2 eggs
- 3 cups flour all-purpose
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

- 100 walnut halves
- 1 cup sugar white

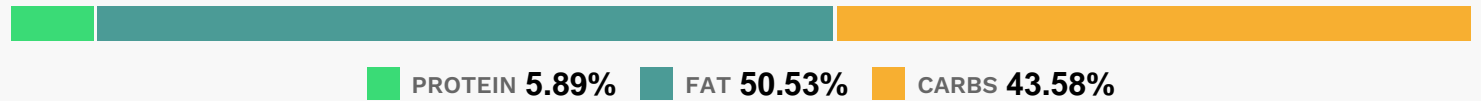
Equipment

- baking sheet
- oven

Directions

- Combine flour, baking soda, salt, white sugar, butter or margarine, brown sugar, eggs and vanilla.
- Combine and mix at lowest speed until dough forms.
- Drop by scant teaspoons 2 inches apart on greased cookie sheets. Press candy wafer on top of each – mold dough sides up around mint. Cover with scant teaspoons of dough. Top each with walnut half.
- Bake at 375 degrees F (190 degrees C) for 9–12 minutes.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:4.16, Inflammation Score:-1, Nutrition Score:1.5808695580648%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Nutrients (% of daily need)

Calories: 67.81kcal (3.39%), Fat: 3.91g (6.01%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 7.21g (2.62%), Sugar: 3.73g (4.15%), Cholesterol: 9.71mg (3.24%), Sodium: 46.64mg (2.03%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 1.02g (2.05%), Manganese: 0.13mg (6.36%), Folate: 12.45µg (3.11%), Vitamin B1: 0.04mg (2.98%), Selenium: 2.01µg (2.87%), Copper: 0.05mg (2.49%), Vitamin A: 124.24IU (2.48%), Vitamin B2: 0.04mg (2.06%), Iron: 0.37mg (2.04%), Phosphorus: 16.71mg (1.67%), Vitamin B3:

0.31mg (1.57%), Magnesium: 6mg (1.5%), Fiber: 0.38g (1.5%)