



The Best Mint Chocolate Cookies

READY IN



27 min.

SERVINGS



72

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup brown sugar light
- ☐ 2 cups milk chocolate chips
- ☐ 0.3 cup nonfat milk powder dry
- ☐ 2.3 teaspoons peppermint extract
- ☐ 1 teaspoon salt
- ☐ 1 cup butter unsalted softened

- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 1 cup sugar white
- ☐ 0.5 cup flour whole wheat

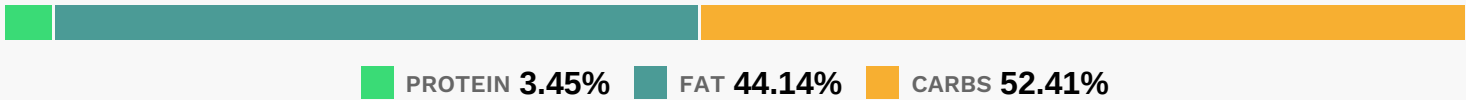
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets. Stir together the all-purpose flour, whole wheat flour, cocoa powder, dry milk, baking soda and salt; set aside.
- ☐ In a large bowl, cream together the butter, vegetable oil, brown sugar and white sugar until smooth. Beat in the eggs one at a time then stir in the vanilla and peppermint extracts. Gradually stir in the dry ingredients using a wooden spoon. Finally, fold in the milk chocolate chips. Drop by rounded spoonfuls onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:2.02, Glycemic Load:3.86, Inflammation Score:-1, Nutrition Score:1.4113043558824%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 95kcal (4.75%), Fat: 4.8g (7.38%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 12.42g (4.51%), Sugar: 8.86g (9.84%), Cholesterol: 9.14mg (3.05%), Sodium: 52.05mg (2.26%), Alcohol: 0.06g (100%), Alcohol %: 0.34% (100%), Protein: 0.84g (1.69%), Manganese: 0.08mg (4.17%), Selenium: 2.16µg (3.09%), Vitamin B1: 0.03mg (2.27%), Folate: 7.53µg (1.88%), Vitamin A: 91.24IU (1.82%), Vitamin B2: 0.03mg (1.82%), Phosphorus: 17.24mg (1.72%), Iron: 0.31mg (1.72%), Copper: 0.03mg (1.7%), Fiber: 0.4g (1.62%), Magnesium: 5.78mg (1.44%), Calcium: 14.09mg (1.41%), Vitamin B3: 0.27mg (1.35%), Vitamin K: 1.38µg (1.31%), Potassium: 43.56mg (1.24%)