



## Thick Mint Chocolate Chip Cookies

READY IN



95 min.

SERVINGS



48

CALORIES



124 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups bread flour
- 1.3 cups brown sugar
- 12 ounce chocolate chips dark
- 1 eggs
- 1 egg yolk
- 0.5 teaspoon peppermint extract
- 1 teaspoon salt
- 0.5 cup shortening

- 0.5 cup butter unsalted melted
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup sugar white

## Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

## Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Combine flour, cocoa, baking powder, and salt together in a bowl.
- Beat the butter, shortening, brown sugar, and white sugar with an electric mixer in a large bowl until smooth. Beat the whole egg into the butter mixture until completely blended, then beat in the vanilla extract and peppermint extract with the egg yolk.
- Mix the flour mixture into the wet ingredients until just incorporated. Fold in the chocolate chips, mixing just enough to evenly combine. Scoop up the dough by heaping teaspoons and roll into 1/2-inch balls.
- Place 2 inches apart onto ungreased baking sheets.
- Bake in the preheated oven until the edges of the cookies become firm (the center will be slightly soft), about 10 minutes. Cool on the baking sheets for 10 minutes before removing to cool completely on a wire rack.

## Nutrition Facts



**PROTEIN 5%** **FAT 47.53%** **CARBS 47.47%**

## Properties

Glycemic Index:4.77, Glycemic Load:3.2, Inflammation Score:-1, Nutrition Score:1.8686956675804%

## Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 123.65kcal (6.18%), Fat: 6.68g (10.27%), Saturated Fat: 3.95g (24.71%), Carbohydrates: 15g (5%), Net Carbohydrates: 14.28g (5.19%), Sugar: 9.07g (10.08%), Cholesterol: 12.61mg (4.2%), Sodium: 68.61mg (2.98%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 1.58g (3.16%), Manganese: 0.09mg (4.51%), Selenium: 3.15µg (4.51%), Calcium: 34.69mg (3.47%), Copper: 0.06mg (3.03%), Fiber: 0.73g (2.9%), Phosphorus: 26.47mg (2.65%), Zinc: 0.38mg (2.53%), Magnesium: 9.05mg (2.26%), Vitamin E: 0.34mg (2.25%), Potassium: 73.78mg (2.11%), Iron: 0.34mg (1.9%), Vitamin K: 1.89µg (1.8%), Vitamin B2: 0.03mg (1.48%), Vitamin A: 70.26IU (1.41%), Vitamin B5: 0.13mg (1.28%), Folate: 4.6µg (1.15%)