



Black Bottom Pepper Mint Ice Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 7.8 ounce chocolate sandwich cookies crushed reduced-fat (such as Snack Well's)
- ☐ 1 tablespoon milk fat-free
- ☐ 4 cups whipped cream low-fat softened
- ☐ 0.3 cup coarsely peppermint candies hard crushed (such as Starlight Mints; 10 candies)
- ☐ 1 tablespoon semisweet chocolate mini-morsels

Equipment

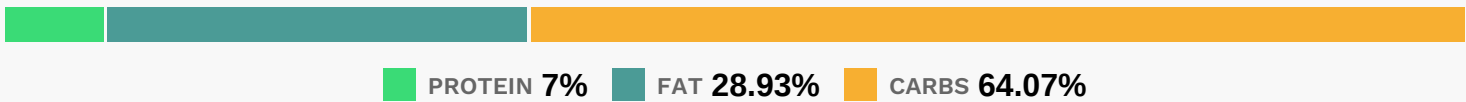
- ☐ food processor
- ☐ bowl

- ☐ wooden spoon
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Place crushed cookies in a bowl; sprinkle with milk, and stir well. Press crumb mixture into bottom and up sides of a 9- inch pie plate. Freeze at least 30 minutes.
- ☐ Place ice cream in a large bowl; stir with a wooden spoon until smooth (do not allow ice cream to melt). Stir peppermint and mini-morsels into softened ice cream. Spoon ice cream into pie shell, spreading evenly. Cover and freeze at least 4 hours or until firm.
- ☐ NOTE: For best results on the pie-crust, the cookies should be crushed into large crumbs. During testing, we placed the cookies in a large zip-top plastic bag and crushed them with a rolling pin. You can also use a food processor to crush cookies.

Nutrition Facts



Properties

Glycemic Index:17.41, Glycemic Load:11.54, Inflammation Score:-3, Nutrition Score:6.7469564831775%

Nutrients (% of daily need)

Calories: 297.24kcal (14.86%), Fat: 9.64g (14.82%), Saturated Fat: 4.19g (26.2%), Carbohydrates: 48.02g (16.01%), Net Carbohydrates: 46.84g (17.03%), Sugar: 32.35g (35.94%), Cholesterol: 20.69mg (6.9%), Sodium: 163.76mg (7.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.49%), Iron: 3.59mg (19.92%), Vitamin B2: 0.26mg (15.44%), Calcium: 131.76mg (13.18%), Phosphorus: 110.7mg (11.07%), Manganese: 0.21mg (10.75%), Vitamin K: 7.96µg (7.58%), Vitamin A: 345.79IU (6.92%), Magnesium: 27.07mg (6.77%), Potassium: 236.11mg (6.75%), Copper: 0.13mg (6.4%), Vitamin B1: 0.1mg (6.4%), Vitamin B12: 0.37µg (6.19%), Zinc: 0.82mg (5.44%), Folate: 21.35µg (5.34%), Vitamin E: 0.78mg (5.2%), Fiber: 1.17g (4.7%), Vitamin B5: 0.46mg (4.6%), Selenium: 3.14µg (4.49%), Vitamin B3: 0.84mg (4.18%), Vitamin B6: 0.04mg (2.11%), Vitamin C: 0.91mg (1.11%)