



Brownie-Mint Pie

READY IN



45 min.

SERVINGS



8

CALORIES



602 kcal

DESSERT

Ingredients

- ☐ 15.8 ounce brownie mix
- ☐ 4.6 ounce chocolate mints
- ☐ 1 unbaked deep-dish pastry shell frozen (9-inch)
- ☐ 8 servings fudge topping hot
- ☐ 8 servings whipped cream

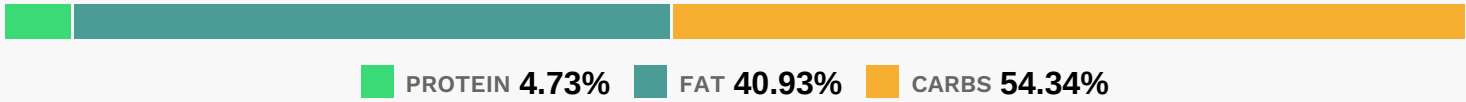
Equipment

- ☐ oven

Directions

- ☐ Chop chocolate mints; set aside 3 tablespoons. Prepare brownie mix according to package directions, stirring remaining chopped mints into brownie batter.
- ☐ Pour into pastry shell.
- ☐ Bake at 350 for 45 minutes or until done; cool slightly.
- ☐ Serve with ice cream, hot fudge topping, and 3 tablespoons chopped mints.
- ☐ Note: For mints we used Andes.

Nutrition Facts



Properties

Glycemic Index:12.95, Glycemic Load:13.03, Inflammation Score:-3, Nutrition Score:6.2708695699339%

Nutrients (% of daily need)

Calories: 601.89kcal (30.09%), Fat: 27.82g (42.8%), Saturated Fat: 11.55g (72.19%), Carbohydrates: 83.11g (27.7%), Net Carbohydrates: 81.33g (29.57%), Sugar: 50.5g (56.11%), Cholesterol: 29.05mg (9.68%), Sodium: 322.08mg (14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.83mg (3.61%), Protein: 7.24g (14.48%), Iron: 2.73mg (15.19%), Vitamin B2: 0.24mg (14.05%), Phosphorus: 113.44mg (11.34%), Manganese: 0.22mg (11.2%), Calcium: 94.53mg (9.45%), Magnesium: 32.38mg (8.09%), Fiber: 1.78g (7.13%), Copper: 0.13mg (6.73%), Folate: 25.58µg (6.4%), Vitamin B1: 0.09mg (6.32%), Potassium: 207.16mg (5.92%), Zinc: 0.84mg (5.59%), Vitamin A: 277.88IU (5.56%), Vitamin K: 5.49µg (5.23%), Vitamin B5: 0.5mg (4.98%), Vitamin B3: 0.89mg (4.47%), Vitamin B12: 0.26µg (4.3%), Selenium: 2.94µg (4.2%), Vitamin E: 0.62mg (4.11%), Vitamin B6: 0.05mg (2.61%)