



## Chocolate Mint Brownies

 Popular

READY IN



360 min.

SERVINGS



16

CALORIES



396 kcal

DESSERT

### Ingredients

- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 2 tablespoons butter softened
- ☐ 3 oz cream cheese softened
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 3 cups powdered sugar
- ☐ 0.3 teaspoon peppermint extract
- ☐ 1 serving purple gel food coloring green

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1.3 cups semi chocolate chips
- ☐ 0.3 cup butter

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray. Make and bake brownies as directed on box. Cool completely on cooling rack, about 1 1/2 hours.
- ☐ In large bowl, beat softened butter and cream cheese with electric mixer on medium speed until smooth.
- ☐ Add 2 tablespoons whipping cream; beat until blended. Slowly add powdered sugar; beat until fluffy. Beat in mint extract. Beat in food color until desired color.
- ☐ Spread over cooled brownies. Refrigerate about 1 hour or until set.
- ☐ In 2-quart saucepan, heat Topping ingredients over medium-low heat, stirring constantly, until melted and smooth.
- ☐ Remove from heat; let stand 15 minutes.
- ☐ Pour topping over filling; spread to cover. Refrigerate uncovered about 2 hours or until set. Using foil to lift, remove brownies from pan, and peel foil away. Before cutting, let stand 20 minutes at room temperature.
- ☐ Cut into 4 rows by 4 rows. Store covered in refrigerator.

## Nutrition Facts



**PROTEIN 2.86%** **FAT 44.12%** **CARBS 53.02%**

## Properties

Glycemic Index:7.94, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:3.3500000175251%

## Nutrients (% of daily need)

Calories: 395.6kcal (19.78%), Fat: 19.6g (30.16%), Saturated Fat: 10.15g (63.46%), Carbohydrates: 53.01g (17.67%), Net Carbohydrates: 51.81g (18.84%), Sugar: 41.98g (46.65%), Cholesterol: 27.92mg (9.31%), Sodium: 144.93mg (6.3%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Caffeine: 12.9mg (4.3%), Protein: 2.85g (5.71%), Manganese: 0.2mg (10.02%), Iron: 1.77mg (9.85%), Copper: 0.19mg (9.53%), Magnesium: 27.49mg (6.87%), Vitamin A: 341.25IU (6.83%), Phosphorus: 50.21mg (5.02%), Fiber: 1.2g (4.8%), Vitamin K: 3.47µg (3.31%), Selenium: 2.12µg (3.03%), Zinc: 0.45mg (2.99%), Potassium: 100.66mg (2.88%), Vitamin E: 0.42mg (2.79%), Vitamin B2: 0.04mg (2.29%), Calcium: 20.75mg (2.08%), Vitamin B12: 0.06µg (1.01%)