



## Creamy Peppermint-Topped Brownie Dessert

READY IN



165 min.

SERVINGS



24

CALORIES



217 kcal

DESSERT

### Ingredients

- 1 box brownie mix
- 1 serving brownie mix for on brownie mix box
- 2 cups whipping cream
- 1 envelope gelatin powder unflavored
- 1 cup peppermint candies crushed ( 40 candies)
- 24 peppermint candies

### Equipment

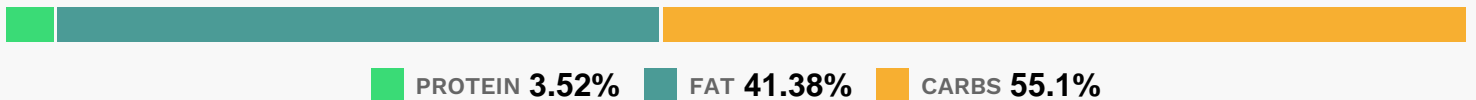
- bowl

- frying pan
- sauce pan
- oven
- wire rack
- aluminum foil

## Directions

- Heat oven to 350°F. Line 13x9-inch pan with foil; spray bottom only with nonstick cooking spray. Prepare brownie mix as directed on package, using oil, water and eggs.
- Spread in sprayed foil-lined pan.
- Bake at 350°F. for 28 to 30 minutes. DO NOT OVERBAKE. Cool in pan on wire rack for 1 hour.
- While brownies are cooling, place 1/2 cup of the whipping cream in small saucepan.
- Sprinkle gelatin over cream; let stand 5 minutes to soften.
- Heat over low heat for 2 to 3 minutes or until gelatin has dissolved, stirring occasionally.
- Remove from heat. Stir in half of the crushed candies. Cool 20 to 25 minutes or until lukewarm, stirring occasionally. Most of candy will melt.
- Beat remaining 1 1/2 cups whipping cream in large bowl until stiff peaks form. Fold in remaining half of crushed candies. Working quickly, stir 1/4 of whipped cream mixture into gelatin mixture. Fold gelatin mixture into remaining whipped cream until blended.
- Spread whipped cream mixture over cooled brownies. Cover; refrigerate at least 1 hour or until serving time.
- To serve, using foil lift dessert from pan; cut into squares. Top each with whole peppermint candy.

## Nutrition Facts



## Properties

Glycemic Index:5.83, Glycemic Load:8, Inflammation Score:-2, Nutrition Score:0.99521738979156%

## Nutrients (% of daily need)

Calories: 216.57kcal (10.83%), Fat: 9.88g (15.2%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 29.61g (10.77%), Sugar: 19.9g (22.12%), Cholesterol: 22.41mg (7.47%), Sodium: 71.63mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Vitamin A: 291.55IU (5.83%), Iron: 0.66mg (3.64%), Vitamin B2: 0.04mg (2.23%), Vitamin D: 0.32µg (2.12%), Calcium: 13.25mg (1.33%), Vitamin E: 0.18mg (1.22%), Phosphorus: 11.62mg (1.16%), Selenium: 0.71µg (1.01%)