

Creme de Menthe Brownies



Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

314 kcal

DESSERT

Ingredients

- ☐ 19.5 ounce milk chocolate brownie mix (recommended: Pillsbury)
- ☐ 8 ounce cream cheese softened (recommended: Philadelphia)
- ☐ 0.5 cup creme de menthe thins chopped (recommended: Andes)
- ☐ 0.3 cup creme de menthe liqueur divided
- ☐ 3 eggs
- ☐ 0.5 cup sugar
- ☐ 0.5 cup vegetable oil

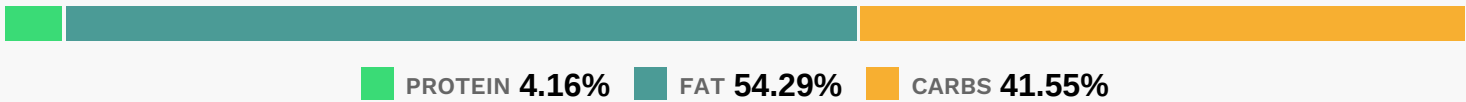
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ hand mixer
- ☐ aluminum foil
- ☐ slow cooker
- ☐ immersion blender
- ☐ butter knife

Directions

- ☐ Lightly spray a 1 1/2-quart souffle dish with butter-flavored cooking spray.
- ☐ Make a foil ring, 1-inch thick, for souffle dish to sit on inside a 5-quart slow cooker.
- ☐ In a medium bowl, combine brownie mix, 2 eggs, vegetable oil, and 1/4 cup creme de menthe. Stir using 50 strokes or use a hand blender on medium speed for 1 minute to combine. Fold in chopped mint thins.
- ☐ Transfer to prepared souffle dish and set aside.
- ☐ In a medium bowl, combine cream cheese, remaining egg, sugar, and 2 teaspoons creme de menthe. Using an electric mixer beat on low speed until smooth.
- ☐ Spread over brownie mixture. Use a butter knife to cut cream cheese mixture into brownie mixture for a marble effect.
- ☐ Place souffle dish on top of foil ring in slow cooker.
- ☐ Lay 8 paper towels over top of slow cooker bowl and secure with lid. (This helps to trap steam.)
- ☐ Cook on LOW setting for 4 1/2 to 6 hours. (Do not lift lid to check brownies for the first 3 hours.)
- ☐ Allow brownies to cool completely before cutting.

Nutrition Facts



Properties

Glycemic Index:8.73, Glycemic Load:12.65, Inflammation Score:-3, Nutrition Score:4.4386956432591%

Nutrients (% of daily need)

Calories: 313.73kcal (15.69%), Fat: 18.89g (29.07%), Saturated Fat: 10.27g (64.18%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 30.64g (11.14%), Sugar: 29.19g (32.43%), Cholesterol: 45.01mg (15%), Sodium: 62.37mg (2.71%), Alcohol: 3.3g (100%), Alcohol %: 5.15% (100%), Caffeine: 22.8mg (7.6%), Protein: 3.26g (6.52%), Copper: 0.22mg (10.81%), Magnesium: 41.31mg (10.33%), Vitamin B2: 0.15mg (9.08%), Manganese: 0.18mg (8.96%), Phosphorus: 82.29mg (8.23%), Fiber: 1.9g (7.6%), Selenium: 4.8µg (6.86%), Iron: 1.12mg (6.25%), Vitamin K: 5µg (4.77%), Vitamin A: 234.92IU (4.7%), Zinc: 0.7mg (4.67%), Potassium: 130.42mg (3.73%), Vitamin E: 0.41mg (2.73%), Calcium: 26.72mg (2.67%), Vitamin B5: 0.23mg (2.32%), Vitamin B6: 0.04mg (1.84%), Vitamin B12: 0.1µg (1.74%), Folate: 6.19µg (1.55%), Vitamin B3: 0.25mg (1.25%), Vitamin D: 0.17µg (1.1%)