



Easy Peppermint Dessert

READY IN



835 min.

SERVINGS



15

CALORIES



762 kcal

DESSERT

Ingredients

- 1 lb crème-filled chocolate sandwich cookies crushed (3 cups)
- 0.5 cup butter melted
- 0.5 gallon whipped cream softened
- 12 oz non-dairy whipped topping frozen thawed
- 0.5 cup butter
- 4 oz baker's chocolate unsweetened chopped
- 2 cups sugar
- 12 oz evaporated milk canned
- 1 teaspoon vanilla

0.3 cup peppermint candies crushed

Equipment

bowl

frying pan

sauce pan

Directions

In medium bowl, mix crushed cookies and 1/2 cup melted butter. Press mixture firmly in bottom of ungreased 13x9-inch pan.

In large bowl, stir together ice cream and 2 cups of the whipped topping; spoon evenly over cookie crust. Freeze about 3 hours or until firm.

Meanwhile, in 2-quart saucepan, melt 1/2 cup butter and the chocolate over low heat, stirring constantly. Stir in sugar; gradually stir in milk.

Heat to boiling over medium-high heat, stirring constantly. Cook and stir 5 minutes or until slightly thickened; stir in vanilla. Cool completely, about 2 hours.

Pour 2 cups of the chocolate sauce evenly over ice cream. Freeze at least 8 hours but no longer than 2 weeks. Cover and refrigerate remaining sauce.

Reheat reserved sauce until just warm. To serve, cut into 5 rows by 3 rows. Top with sauce and remaining whipped topping; sprinkle with crushed candies.

Nutrition Facts



PROTEIN 4.89% **FAT 48.67%** **CARBS 46.44%**

Properties

Glycemic Index:8.74, Glycemic Load:36.24, Inflammation Score:-7, Nutrition Score:13.594782585683%

Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg

Nutrients (% of daily need)

Calories: 761.59kcal (38.08%), Fat: 42.38g (65.2%), Saturated Fat: 20.41g (127.57%), Carbohydrates: 90.98g (30.33%), Net Carbohydrates: 87.96g (31.99%), Sugar: 76.39g (84.88%), Cholesterol: 62.55mg (20.85%), Sodium: 406.72mg (17.68%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Caffeine: 7.56mg (2.52%), Protein: 9.59g (19.18%), Iron: 5.17mg (28.71%), Vitamin B2: 0.49mg (28.55%), Manganese: 0.53mg (26.66%), Calcium: 263.52mg (26.35%), Phosphorus: 257.17mg (25.72%), Vitamin A: 1144.13IU (22.88%), Copper: 0.38mg (19.12%), Magnesium: 64.12mg (16.03%), Potassium: 483.52mg (13.81%), Zinc: 2.02mg (13.48%), Fiber: 3.02g (12.06%), Vitamin E: 1.77mg (11.83%), Vitamin B5: 0.99mg (9.94%), Vitamin B12: 0.59µg (9.81%), Vitamin K: 10.26µg (9.77%), Vitamin B1: 0.14mg (9.28%), Selenium: 5.68µg (8.12%), Folate: 29.52µg (7.38%), Vitamin B3: 1.11mg (5.53%), Vitamin B6: 0.09mg (4.34%), Vitamin D: 0.28µg (1.83%), Vitamin C: 1.22mg (1.48%)