



## Fluffy Peppermint Pie

READY IN



355 min.

SERVINGS



8

CALORIES



623 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1.5 cups chocolate wafer crumbs
- ☐ 30 large marshmallows
- ☐ 0.3 cup peppermint candies hard crushed
- ☐ 2 teaspoons peppermint extract
- ☐ 3 drops food coloring red
- ☐ 2 tablespoons sugar
- ☐ 14 ounces condensed milk sweetened canned
- ☐ 2 cups whipping cream (heavy)

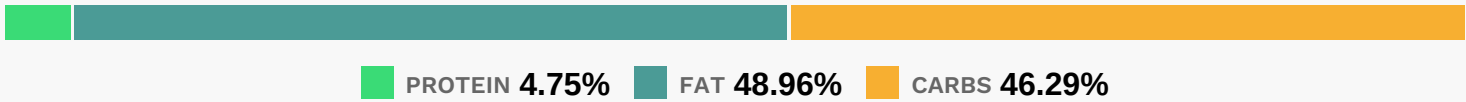
# Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ microwave

# Directions

- ☐ Mix cookie crumbs, sugar and butter. Press evenly in bottom and up side of ungreased pie plate, 9x1 1/2 inches.
- ☐ Place marshmallows and milk in large microwavable bowl. Microwave uncovered on High about 3 minutes, stirring once, until marshmallows are melted. Refrigerate about 25 minutes or until mixture mounds slightly when dropped from a spoon.
- ☐ Beat whipping cream, food color and peppermint extract in chilled medium bowl with electric mixer on high speed until stiff. Stir marshmallow mixture until blended; fold into whipped cream. Fold in crushed candies. Mound mixture into crust. Cover and freeze about 5 hours or until frozen. Cover and freeze any remaining pie.

# Nutrition Facts



# Properties

Glycemic Index:38.89, Glycemic Load:42.17, Inflammation Score:-7, Nutrition Score:8.4226087279942%

# Nutrients (% of daily need)

Calories: 622.91kcal (31.15%), Fat: 34.55g (53.16%), Saturated Fat: 18.5g (115.62%), Carbohydrates: 73.49g (24.5%), Net Carbohydrates: 72.75g (26.45%), Sugar: 58.41g (64.9%), Cholesterol: 84.52mg (28.17%), Sodium: 288.89mg (12.56%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 7.54g (15.07%), Vitamin A: 1263.38IU (25.27%), Vitamin B2: 0.38mg (22.27%), Phosphorus: 191.54mg (19.15%), Calcium: 189.73mg (18.97%), Selenium: 10.79µg (15.41%), Potassium: 290.52mg (8.3%), Manganese: 0.15mg (7.71%), Magnesium: 29.05mg (7.26%), Vitamin D: 1.05µg (7.01%), Copper: 0.14mg (6.88%), Vitamin B1: 0.1mg (6.68%), Vitamin E: 1mg (6.65%), Vitamin B5: 0.61mg (6.11%), Iron: 1.06mg (5.88%), Zinc: 0.85mg (5.67%), Vitamin B12: 0.34µg (5.66%), Folate: 18.04µg (4.51%), Vitamin B3: 0.77mg (3.85%), Fiber: 0.74g (2.96%), Vitamin B6: 0.06mg (2.93%), Vitamin K: 2.71µg (2.58%), Vitamin C: 1.66mg (2.01%)