



Frosted Peppermint Brownies

 Dairy Free

READY IN



140 min.

SERVINGS



16

CALORIES



212 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 1 serving brownie mix for on brownie mix box
- 1.3 cups vanilla frosting (from 16 oz container)
- 0.1 teaspoon peppermint extract
- 1 serving purple gel food coloring green
- 1 serving m&m candies crushed

Equipment

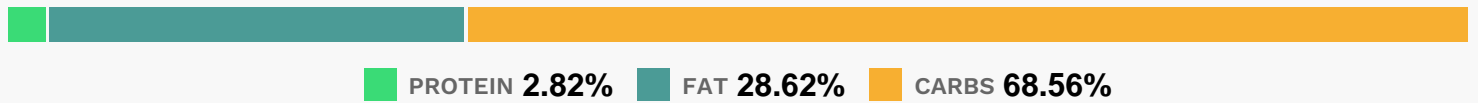
- bowl

- frying pan
- oven
- wire rack

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom of 9-inch square pan with shortening or cooking spray. Make and bake brownie batter as directed on box. Cool completely on cooling rack, about 1 1/2 hours.
- In small bowl, stir together frosting, extract and food color until smooth.
- Spread frosting evenly over brownies.
- Sprinkle with crushed candies. For easier cutting, refrigerate about 15 minutes until frosting is set.
- Cut into 4 rows by 4 rows. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.69, Glycemic Load:5.16, Inflammation Score:1, Nutrition Score:0.59956522399317%

Nutrients (% of daily need)

Calories: 211.89kcal (10.59%), Fat: 6.74g (10.36%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 36.27g (13.19%), Sugar: 26.72g (29.69%), Cholesterol: 0.14mg (0.05%), Sodium: 121.38mg (5.28%), Alcohol: 0.01g (100%), Alcohol %: 0.03% (100%), Protein: 1.5g (2.99%), Iron: 0.89mg (4.94%), Vitamin B2: 0.05mg (3.14%), Vitamin K: 2.3µg (2.19%), Vitamin E: 0.27mg (1.8%)