



Frozen Peppermint Pie

READY IN



265 min.

SERVINGS



25

CALORIES



108 kcal

DESSERT

Ingredients

- 20 starlight mints divided
- 6 oz ready-to-use chocolate flavor crumb crust
- 4 cups vanilla nonfat yogurt frozen softened
- 12 oreo cookies divided
- 1 cup cool whip whipped topping thawed

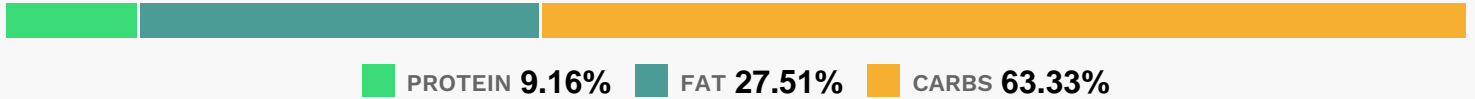
Equipment

- bowl

Directions

- Reserve 8 mints and 4 cookies for garnish; set aside. Crush remaining mints and coarsely chop remaining cookies.
- Place chopped mints in large bowl.
- Add yogurt; mix well. Gently stir in chopped cookies; spread into crust.
- Freeze 4 hours or until firm.
- Let stand 10 min. before serving.
- Cut reserved cookies in half. Top each serving with 2 Tbsp. COOL WHIP, 1 cookie half and 1 mint just before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.4582609210325%

Nutrients (% of daily need)

Calories: 108.19kcal (5.41%), Fat: 3.34g (5.14%), Saturated Fat: 1.28g (8%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 17g (6.18%), Sugar: 12.87g (14.3%), Cholesterol: 0.84mg (0.28%), Sodium: 82.16mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Phosphorus: 63.61mg (6.36%), Calcium: 63.01mg (6.3%), Vitamin B2: 0.1mg (5.9%), Iron: 0.97mg (5.38%), Selenium: 2.72µg (3.89%), Vitamin B12: 0.19µg (3.17%), Vitamin B1: 0.05mg (3.16%), Folate: 11.89µg (2.97%), Potassium: 100.93mg (2.88%), Magnesium: 10.77mg (2.69%), Manganese: 0.05mg (2.64%), Zinc: 0.34mg (2.24%), Vitamin K: 2.11µg (2.01%), Vitamin B3: 0.36mg (1.79%), Fiber: 0.31g (1.24%), Vitamin E: 0.18mg (1.21%), Copper: 0.02mg (1.19%)