



Girl Scout Cookie Thin Mint Chocolate Pie



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 packages jell-o chocolate flavor pudding instant (4-serving size each)
- ☐ 2 cups milk cold
- ☐ 1 box mint cookies thin (32 cookies)
- ☐ 0.3 teaspoon peppermint extract
- ☐ 12 oz cool whip whipped topping divided thawed

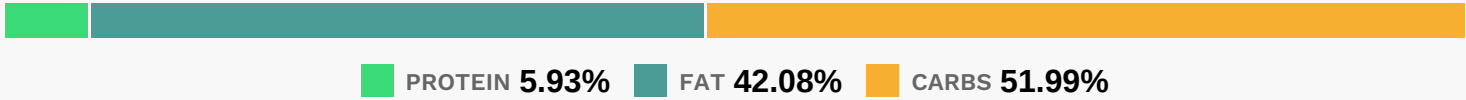
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Remove 10 cookies and set aside.Crush or process remaining cookies, then mix them with the butter. Press firmly onto bottom and up side of 9-inch pie plate.
- ☐ Pour milk into large bowl.
- ☐ Add both boxes of pudding mix and beat with wire whisk 2 minutes or until well blended. (
- ☐ Mixture will be thick.)Spoon out 1 1/4 cup of pudding into another bowl and stir in peppermint extract.
- ☐ Pour peppermint pudding mixture over crust. To remaining pudding mix, add in 1 cup of whipped topping.
- ☐ Spread the pudding/whipped topping layer of the mint layer.Chop remaining cookies and combine them with about 2 ½ cups (doesn't have to be precise) whipped topping.
- ☐ Spread this mixture over the top. The pie might look kind of messy at this point, so clean up the edges.Chill for 4 hours or until set
- ☐ To garnish, place remaining whipped topping in a plastic zipper bag. Snip off a corner of the bag (about ½ inch up from corner) and squeeze whipped topping around sides decoratively.To make thin zig-zags, pour COLD chocolate syrup into a small zipper bag. Snip a very, very tiny cut off the bottom corner and drizzle away!

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:4.0726087062579%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 260.66kcal (13.03%), Fat: 12.24g (18.83%), Saturated Fat: 8.84g (55.23%), Carbohydrates: 34.02g (11.34%), Net Carbohydrates: 33.14g (12.05%), Sugar: 29.28g (32.53%), Cholesterol: 19.46mg (6.49%), Sodium: 430.57mg (18.72%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 3.88g (7.76%), Phosphorus: 111.72mg (11.17%),

Calcium: 109.68mg (10.97%), Vitamin B2: 0.14mg (8.11%), Vitamin B12: 0.42µg (7.06%), Potassium: 193.25mg (5.52%), Vitamin A: 266.8IU (5.34%), Magnesium: 21.32mg (5.33%), Manganese: 0.09mg (4.61%), Copper: 0.09mg (4.52%), Vitamin D: 0.67µg (4.47%), Selenium: 2.83µg (4.05%), Fiber: 0.87g (3.5%), Vitamin B1: 0.05mg (3.03%), Zinc: 0.45mg (2.98%), Vitamin E: 0.38mg (2.54%), Vitamin B6: 0.05mg (2.45%), Vitamin B5: 0.24mg (2.4%), Vitamin K: 2.27µg (2.16%), Iron: 0.36mg (2%)