



Gluten-Free Crème de Menthe Brownie Pie

READY IN



180 min.

SERVINGS



8

CALORIES



497 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix gluten free
- ☐ 0.3 cup butter melted
- ☐ 2 eggs whole
- ☐ 1 cup vanilla almond milk
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 0.3 cup sugar
- ☐ 2 egg yolk
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon crème de cassis liqueur

- ☐ 1 tablespoon creme de cacao liqueur white
- ☐ 0.1 teaspoon salt
- ☐ 4 oz cool whip frozen thawed (half of 8-oz container)
- ☐ 0.5 cup semisweet chocolate chips miniature

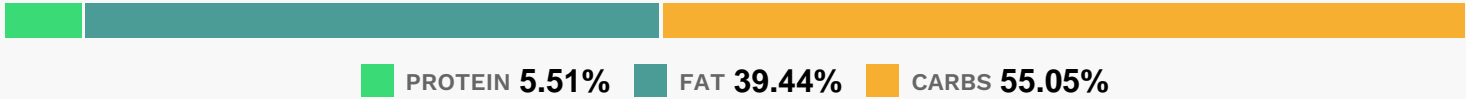
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 8- or 9-inch square pan with cooking spray (without flour).
- ☐ In medium bowl, stir brownie mix, butter and eggs until well blended (batter will be thick).
- ☐ Spread in pan.
- ☐ Bake 8-inch pan 28 to 31 minutes, 9-inch pan 26 to 30 minutes, or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely in pan on cooling rack, about 1 hour.
- ☐ Meanwhile, in 3-quart saucepan, mix all filling ingredients except whipped topping and chocolate chips. Cook over medium heat, stirring constantly with whisk until mixture starts to boil; boil and stir 1 minute longer until thickened.
- ☐ Remove from heat. Refrigerate in pan about 30 minutes until cool.
- ☐ Cut brownies into very small pieces, about 3
- ☐ In 9-inch glass pie plate, press brownie pieces together on bottom and up side of plate. Stir whipped topping and chocolate chips into filling. Spoon into brownie crust and spread evenly. Refrigerate 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:5.82, Inflammation Score:-2, Nutrition Score:5.7017391064893%

Nutrients (% of daily need)

Calories: 496.98kcal (24.85%), Fat: 21.63g (33.28%), Saturated Fat: 9.56g (59.78%), Carbohydrates: 67.95g (22.65%), Net Carbohydrates: 66.59g (24.22%), Sugar: 45.54g (50.6%), Cholesterol: 107.93mg (35.98%), Sodium: 318.94mg (13.87%), Alcohol: 0.91g (100%), Alcohol %: 0.75% (100%), Caffeine: 12.72mg (4.24%), Protein: 6.8g (13.61%), Iron: 2.87mg (15.94%), Selenium: 7.95µg (11.35%), Copper: 0.21mg (10.63%), Vitamin B2: 0.17mg (10.24%), Manganese: 0.2mg (10.21%), Phosphorus: 89.57mg (8.96%), Calcium: 76.06mg (7.61%), Magnesium: 29.02mg (7.25%), Vitamin B12: 0.43µg (7.24%), Vitamin A: 333.76IU (6.68%), Fiber: 1.35g (5.41%), Zinc: 0.69mg (4.61%), Folate: 14.51µg (3.63%), Vitamin B5: 0.36mg (3.56%), Potassium: 121.25mg (3.46%), Vitamin E: 0.5mg (3.31%), Vitamin D: 0.46µg (3.09%), Vitamin B6: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.57%), Vitamin K: 1.67µg (1.59%)