



Grasshopper Ice Cream Pie

READY IN



45 min.

SERVINGS



12

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons chocolate syrup
- ☐ 1 cup chocolate wafer crumbs (20 cookies; such as Nabisco's Famous Chocolate Wafers)
- ☐ 2 tablespoons creme de cacao liqueur white
- ☐ 0.3 cup crème de cassis liqueur green
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 3 cups whipped cream low-fat softened
- ☐ 7 ounce marshmallow crème
- ☐ 8 ounce non-dairy whipped topping fat-free frozen thawed

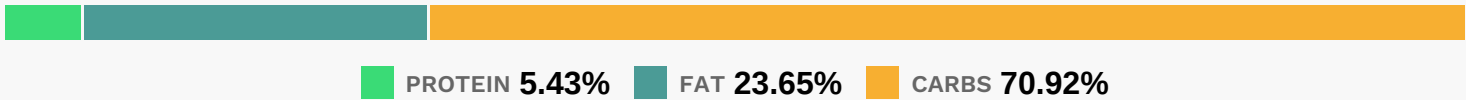
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave
- ☐ springform pan

Directions

- ☐ Combine crumbs and butter in a small bowl; stir with a fork until moist. Press into bottom of a 9-inch springform pan. Chill.
- ☐ Combine milk and marshmallow creme in a microwave-safe bowl; microwave at HIGH 1 minute, stirring once.
- ☐ Add crme de menthe, crme de cacao, and whipped topping, stirring until blended.
- ☐ Spread ice cream into prepared pan; top with marshmallow mixture. Freeze at least 6 hours.
- ☐ Drizzle with chocolate syrup before serving.

Nutrition Facts



Properties

Glycemic Index:11.29, Glycemic Load:7.2, Inflammation Score:-2, Nutrition Score:3.6504347557607%

Nutrients (% of daily need)

Calories: 234.83kcal (11.74%), Fat: 6.05g (9.3%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 40.8g (13.6%), Net Carbohydrates: 40.27g (14.64%), Sugar: 28.37g (31.52%), Cholesterol: 18.61mg (6.2%), Sodium: 112.69mg (4.9%), Alcohol: 1.93g (100%), Alcohol %: 2.56% (100%), Protein: 3.12g (6.24%), Vitamin B2: 0.24mg (14.32%), Calcium: 88.31mg (8.83%), Vitamin B12: 0.49µg (8.1%), Phosphorus: 68.52mg (6.85%), Vitamin A: 267.64IU (5.35%), Vitamin B1: 0.07mg (4.58%), Manganese: 0.07mg (3.6%), Potassium: 125.45mg (3.58%), Magnesium: 12.67mg (3.17%), Copper: 0.06mg (3.07%), Zinc: 0.46mg (3.06%), Selenium: 1.97µg (2.81%), Iron: 0.47mg (2.63%), Folate: 10.02µg (2.5%), Vitamin B6: 0.05mg (2.34%), Vitamin B5: 0.23mg (2.3%), Fiber: 0.53g (2.11%), Vitamin B3: 0.39mg (1.97%), Vitamin E: 0.18mg (1.23%)