



## Mint Brownie Ice Cream Bars

READY IN



45 min.

SERVINGS



12

CALORIES



446 kcal

DESSERT

### Ingredients

- 13.7 ounce brownie mix fat-free (such as No Pudge!)
- 18 chocolate chopped thin (such as Andes)
- 2 tablespoons chocolate syrup
- 3 cups vanilla ice cream low-fat softened
- 0.7 cup vanilla yogurt low-fat
- 1 teaspoon peppermint extract

### Equipment

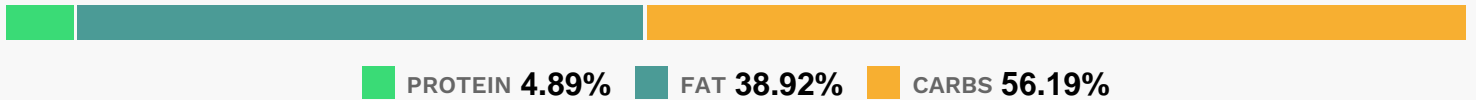
- bowl

- frying pan
- oven
- wire rack
- baking pan
- aluminum foil

## Directions

- Preheat oven to 35
- Prepare brownie mix according to package directions, using 2/3 cup yogurt.
- Pour batter into a foil-lined 8-inch square baking pan coated with cooking spray.
- Bake at 350 for 34 minutes. Cool completely in pan on a wire rack.
- Combine ice cream and peppermint extract in a large bowl; stir well.
- Spread evenly over brownie. Cover and freeze 8 hours or until firm.
- Sprinkle chopped mints over ice cream.
- Cut into squares; drizzle with chocolate syrup before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.55, Glycemic Load:13.82, Inflammation Score:-3, Nutrition Score:5.9434782188872%

## Nutrients (% of daily need)

Calories: 445.9kcal (22.3%), Fat: 20.32g (31.27%), Saturated Fat: 10.52g (65.74%), Carbohydrates: 66.01g (22%), Net Carbohydrates: 63.5g (23.09%), Sugar: 49.65g (55.16%), Cholesterol: 10.94mg (3.65%), Sodium: 140.76mg (6.12%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Caffeine: 27.92mg (9.31%), Protein: 5.75g (11.5%), Magnesium: 57.16mg (14.29%), Vitamin B2: 0.23mg (13.36%), Copper: 0.27mg (13.33%), Phosphorus: 123.57mg (12.36%), Iron: 2.22mg (12.34%), Manganese: 0.22mg (11.17%), Fiber: 2.51g (10.04%), Calcium: 95.04mg (9.5%), Zinc: 1.05mg (6.97%), Potassium: 238.61mg (6.82%), Vitamin B12: 0.25µg (4.18%), Selenium: 2.65µg (3.79%), Vitamin A: 176.09IU (3.52%), Vitamin B5: 0.29mg (2.88%), Vitamin K: 2.83µg (2.69%), Vitamin B1: 0.03mg (2.31%), Vitamin B6: 0.04mg (2.08%), Vitamin B3: 0.36mg (1.8%), Folate: 5.1µg (1.28%), Vitamin E: 0.16mg (1.05%)