



Mint Brownie Ice-Cream Pie

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 17.6 oz duncan hines chocolate lover's walnut brownie mix
- ☐ 4.7 oz creme de menthe chocolate mints thin
- ☐ 4 cups whipped cream

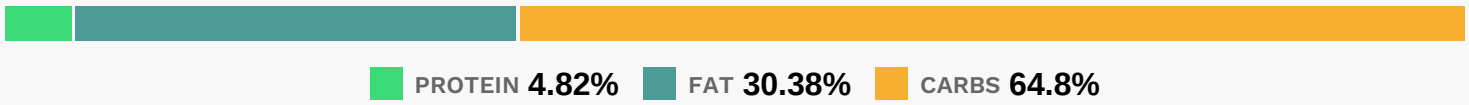
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ springform pan

Directions

- ☐ Preheat oven to 35
- ☐ Chop chocolate mints; reserve 3 Tbsp. chopped mints. Prepare brownie batter according to package directions for cake-like brownies, stirring remaining chopped mints into batter.
- ☐ Pour batter into a lightly greased 10-inch springform pan.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out with a few moist crumbs. Cool completely in pan on a wire rack (about 1 hour).
- ☐ Meanwhile, let ice cream stand at room temperature 20 minutes or until slightly softened.
- ☐ Spread over cooled crust in pan. Freeze 3 hours or until firm.
- ☐ Remove sides of pan.
- ☐ Let pie stand at room temperature 10 minutes before serving. Top with reserved chocolate mints.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:6.15, Inflammation Score:-1, Nutrition Score:2.0513043416583%

Nutrients (% of daily need)

Calories: 315.38kcal (15.77%), Fat: 9.9g (15.24%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 47.53g (15.84%), Net Carbohydrates: 47.22g (17.17%), Sugar: 34.54g (38.38%), Cholesterol: 19.36mg (6.45%), Sodium: 157.16mg (6.83%), Alcohol: 3.29g (100%), Alcohol %: 4.31% (100%), Protein: 3.54g (7.07%), Iron: 1.22mg (6.75%), Vitamin B2: 0.11mg (6.21%), Calcium: 56.32mg (5.63%), Phosphorus: 46.2mg (4.62%), Vitamin A: 185.24IU (3.7%), Vitamin B12: 0.17µg (2.86%), Vitamin B5: 0.26mg (2.56%), Potassium: 87.56mg (2.5%), Zinc: 0.31mg (2.05%), Magnesium: 6.16mg (1.54%), Fiber: 0.31g (1.23%), Vitamin B1: 0.02mg (1.2%), Selenium: 0.84µg (1.19%), Vitamin B6: 0.02mg (1.06%)