



Mint Chocolate Brownie Bars

READY IN



70 min.

SERVINGS



16

CALORIES



409 kcal

DESSERT

Ingredients

- ☐ 21 ounce chewy fudge brownie mix duncan hines®
- ☐ 0.3 cup hot-brewed coffee
- ☐ 2 large eggs
- ☐ 3 gram frosting chocolatey mint flavour mix duncan hines®
- ☐ 16 ounce frosting frosting starter duncan hines® canned
- ☐ 16 mint leaves
- ☐ 0.5 cup semi-sweet chocolate melted
- ☐ 1.5 cups roughly mint creme-filled sandwich cookies crushed
- ☐ 0.5 cup vegetable oil

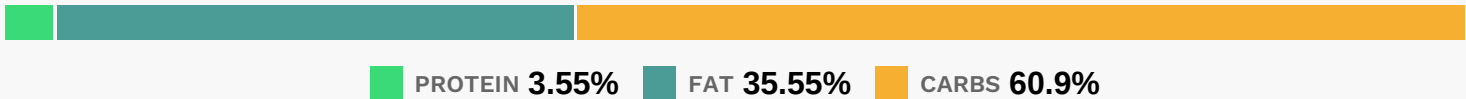
Equipment

- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ wax paper

Directions

- ☐ Preheat oven to 350 degrees F. Grease and flour an 8" x 8" or 9" x 9" square pan.
- ☐ Mix Duncan Hines® Chewy Fudge Brownie
- ☐ Mix, eggs, coffee and vegetable oil.
- ☐ Mix in crushed cookies.
- ☐ Pour brownie batter into pan and smooth into an even layer.
- ☐ Bake 30 to 35 minutes or until toothpick inserted into brownies comes out clean.
- ☐ Dip the mint leaves into melted chocolate and set on wax paper and refrigerate to set. (Note: chocolate-covered mint leaves will keep 1 to 2 days in refrigerator.)
- ☐ Let brownies cool completely.
- ☐ Pour packet of Duncan Hines® Frosting Creations™ Chocolatey Mint Flavour
- ☐ Mix into can of Duncan Hines® Frosting Creations™ Frosting Starter. Stir until evenly blended.
- ☐ Frost brownies with the Chocolatey Mint frosting you just created.
- ☐ Chill for 30 minutes.
- ☐ Cut into squares and garnish each brownie with a mint leaf.

Nutrition Facts



Properties

Glycemic Index:2.69, Glycemic Load:8.28, Inflammation Score:-1, Nutrition Score:3.5373913192231%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Nutrients (% of daily need)

Calories: 408.56kcal (20.43%), Fat: 16.16g (24.86%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 62.29g (20.76%), Net Carbohydrates: 61.53g (22.37%), Sugar: 44.27g (49.19%), Cholesterol: 23.58mg (7.86%), Sodium: 228.88mg (9.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.63g (7.26%), Iron: 1.94mg (10.77%), Vitamin B2: 0.16mg (9.37%), Vitamin K: 7.36µg (7.01%), Manganese: 0.13mg (6.64%), Vitamin E: 0.88mg (5.89%), Copper: 0.09mg (4.69%), Phosphorus: 43.92mg (4.39%), Selenium: 2.86µg (4.08%), Folate: 14.13µg (3.53%), Magnesium: 13.82mg (3.45%), Vitamin B1: 0.05mg (3.18%), Fiber: 0.76g (3.03%), Vitamin B3: 0.54mg (2.72%), Zinc: 0.32mg (2.13%), Potassium: 71.49mg (2.04%), Vitamin B5: 0.2mg (2%), Vitamin A: 86.93IU (1.74%), Calcium: 14.75mg (1.48%), Vitamin B12: 0.07µg (1.09%)