



Mint-Chocolate Chip Ice-cream Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



679 kcal

DESSERT

Ingredients

- ☐ 19.8 ounce fudge brownie mix
- ☐ 4.7 ounce chocolate mints
- ☐ 0.5 gallon mint-chocolate chip ice cream softened
- ☐ 3 large eggs
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup water
- ☐ 8 ounce non-dairy whipped topping frozen thawed

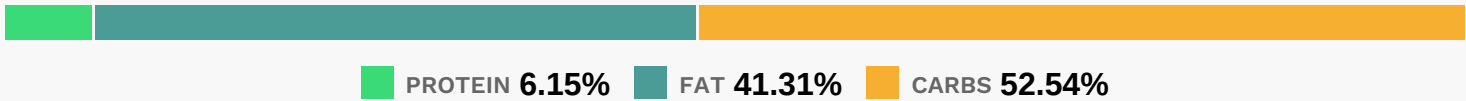
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ peeler

Directions

- ☐ Stir together first 4 ingredients until blended.
- ☐ Place 12 foil baking cups into muffin pans; spoon batter into cups.
- ☐ Bake at 350 for 20 to 25 minutes. (A wooden pick inserted in center does not come out clean.) Cool in pans on wire racks 10 minutes; remove from pans, and cool completely on wire racks.
- ☐ Return baking cups to muffin pans, and spoon ice cream evenly over each brownie. Freeze 8 hours or until firm.
- ☐ Stir together whipped topping and, if desired, liqueur. Dollop evenly over ice cream. Freeze until ready to serve.
- ☐ Pull a vegetable peeler down sides of mints, making tiny curls; sprinkle curls over cupcakes just before serving.
- ☐ NOTE: For testing purposes only, we used Andes Creme De Menthe Thins for chocolate mints.

Nutrition Facts



Properties

Glycemic Index:7.72, Glycemic Load:23.87, Inflammation Score:-5, Nutrition Score:10.628260814625%

Nutrients (% of daily need)

Calories: 679.18kcal (33.96%), Fat: 32.26g (49.64%), Saturated Fat: 16.96g (106.03%), Carbohydrates: 92.32g (30.77%), Net Carbohydrates: 89.82g (32.66%), Sugar: 73.45g (81.61%), Cholesterol: 100.5mg (33.5%), Sodium: 290.08mg (12.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.01mg (4%), Protein: 10.81g (21.62%), Vitamin B2: 0.41mg (23.92%), Phosphorus: 223.72mg (22.37%), Calcium: 195.28mg (19.53%), Iron: 3.32mg (18.47%), Magnesium: 61.13mg (15.28%), Vitamin A: 737.62IU (14.75%), Copper: 0.29mg (14.44%), Manganese: 0.28mg (13.94%), Potassium: 461.07mg (13.17%), Selenium: 8.54µg (12.2%), Vitamin B5: 1.07mg (10.73%), Vitamin B12: 0.61µg (10.11%), Fiber: 2.5g (10%), Zinc: 1.26mg (8.41%), Folate: 32.01µg (8%), Vitamin E: 0.88mg (5.84%), Vitamin B6: 0.12mg (5.83%), Vitamin B1: 0.08mg (5.15%), Vitamin K: 5.15µg (4.91%), Vitamin D: 0.57µg (3.77%), Vitamin B3: 0.46mg

(2.29%), Vitamin C: 1.1mg (1.34%)