



Mint Chocolate Chip Ice-Cream Pie

 Dairy Free

READY IN



260 min.

SERVINGS



8

CALORIES



491 kcal

Ingredients

- ☐ 2 pints ice-cream chocolate shell softened
- ☐ 1.3 cups mint-filled chocolate squares crushed
- ☐ 1 cup topping
- ☐ 6 ounces pie crust dough

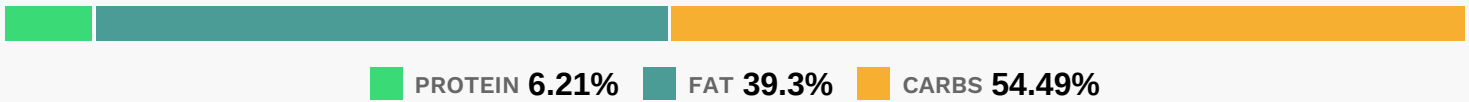
Equipment

Directions

- ☐ Spread 1 pint of the ice cream in pie crust.

- ☐
- Sprinkle 1 cup of the crushed cookies over ice cream. Cover and freeze 1 hour.
- ☐
- Spread remaining pint of ice cream over cookies. Cover and freeze about 3 hours or until firm.
- ☐
- Let stand at room temperature about 10 minutes before cutting.
- ☐
- Serve with fudge topping; sprinkle with remaining cookies. Cover and freeze any remaining pie.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:15.97, Inflammation Score:-6, Nutrition Score:10.590434794841%

Flavonoids

Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg

Nutrients (% of daily need)

Calories: 490.6kcal (24.53%), Fat: 22g (33.85%), Saturated Fat: 11.31g (70.68%), Carbohydrates: 68.65g (22.88%), Net Carbohydrates: 65.07g (23.66%), Sugar: 43.27g (48.08%), Cholesterol: 40.6mg (13.53%), Sodium: 310.53mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.21mg (2.07%), Protein: 7.82g (15.63%), Manganese: 0.48mg (24.16%), Vitamin B2: 0.32mg (18.76%), Phosphorus: 183.88mg (18.39%), Calcium: 168.69mg (16.87%), Copper: 0.33mg (16.55%), Vitamin A: 791.76IU (15.84%), Magnesium: 61.36mg (15.34%), Fiber: 3.58g (14.31%), Iron: 2.5mg (13.91%), Potassium: 463.1mg (13.23%), Folate: 43.35µg (10.84%), Vitamin E: 1.45mg (9.68%), Vitamin B1: 0.13mg (8.46%), Vitamin B5: 0.81mg (8.1%), Zinc: 1.18mg (7.83%), Selenium: 5.04µg (7.2%), Vitamin B12: 0.37µg (6.1%), Vitamin B3: 1.06mg (5.28%), Vitamin B6: 0.09mg (4.62%), Vitamin C: 3.14mg (3.81%), Vitamin K: 2.86µg (2.72%), Vitamin D: 0.24µg (1.58%)