



Mint Chocolate Chip Ice-Cream Pie (lighter)

 Dairy Free

READY IN



260 min.

SERVINGS



8

CALORIES



498 kcal

Ingredients

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

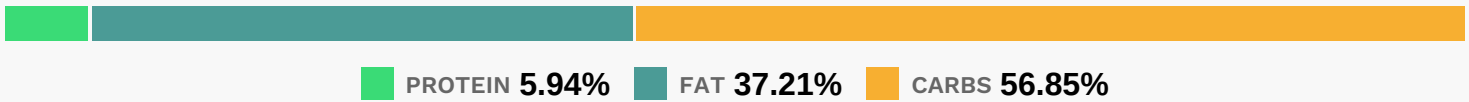
Equipment

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:10.179130362428%

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: 497.62kcal (24.88%), Fat: 21.15g (32.54%), Saturated Fat: 10.64g (66.48%), Carbohydrates: 72.7g (24.23%), Net Carbohydrates: 69.27g (25.19%), Sugar: 49.37g (54.86%), Cholesterol: 40.6mg (13.53%), Sodium: 331.36mg (14.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.21mg (2.07%), Protein: 7.59g (15.18%), Phosphorus: 197.91mg (19.79%), Manganese: 0.39mg (19.46%), Vitamin B2: 0.32mg (19.07%), Calcium: 164.65mg (16.46%), Magnesium: 64.34mg (16.08%), Vitamin A: 791.55IU (15.83%), Copper: 0.32mg (15.75%), Iron: 2.57mg (14.29%), Fiber: 3.43g (13.71%), Potassium: 468.63mg (13.39%), Folate: 43.35µg (10.84%), Vitamin E: 1.35mg (9.03%), Vitamin B1: 0.13mg (8.67%), Vitamin B5: 0.72mg (7.24%), Zinc: 1.08mg (7.2%), Vitamin B12: 0.37µg (6.1%), Selenium: 3.83µg (5.47%), Vitamin B3: 1mg (5.02%), Vitamin B6: 0.08mg (4.09%), Vitamin C: 3.14mg (3.81%), Vitamin D: 0.24µg (1.58%), Vitamin K: 1.3µg (1.24%)