



Mint Chocolate Mousse Pie

READY IN



45 min.

SERVINGS



8

CALORIES



279 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 11.1 ounce no-bake cheesecake mix
- 0.5 cup chocolate mint-flavored syrup
- 1 cup milk
- 3.1 ounce minty milk chocolate bars with crunchy cookie bits, finely chopped
- 2 tablespoons sugar
- 8 servings garnishes: whipped cream sweetened chopped

Equipment

- bowl
- hand mixer

Directions

- Combine graham cracker crumbs from cheesecake mix, butter, and sugar. Firmly press mixture in bottom and up sides of a 9" pieplate.
- Combine milk and chocolate syrup in a medium bowl, stirring well.
- Add cheesecake filling mix; beat at low speed of an electric mixer until blended. Beat at medium speed 3 minutes. Fold in finely chopped chocolate. Spoon into prepared crust. Cover and chill at least 1 hour.
- Garnish, if desired. Before serving, dip bottom of pieplate in hot water for 30 seconds.
- Note: For cheesecake mix, we used Jell-O brand. For chocolate mint-flavored syrup and chocolate bars, we used Hershey's.

Nutrition Facts

PROTEIN 5.45% **FAT 58.26%** **CARBS 36.29%**

Properties

Glycemic Index:25.71, Glycemic Load:5.62, Inflammation Score:-4, Nutrition Score:3.5773913704831%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

Nutrients (% of daily need)

Calories: 278.72kcal (13.94%), Fat: 18.71g (28.79%), Saturated Fat: 7.81g (48.83%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 24.65g (8.96%), Sugar: 10.6g (11.77%), Cholesterol: 19.63mg (6.54%), Sodium: 253.39mg (11.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.25mg (2.42%), Protein: 3.94g (7.87%), Vitamin A: 551.06IU (11.02%), Iron: 1.63mg (9.06%), Fiber: 1.58g (6.31%), Calcium: 62.6mg (6.26%), Phosphorus: 56.52mg (5.65%), Potassium: 189.46mg (5.41%), Vitamin B2: 0.08mg (4.94%), Magnesium: 19.27mg (4.82%), Manganese: 0.09mg (4.44%), Copper: 0.07mg (3.67%), Vitamin B12: 0.19µg (3.19%), Vitamin E: 0.38mg (2.5%), Vitamin D: 0.36µg (2.4%), Zinc: 0.34mg (2.29%), Vitamin B1: 0.02mg (1.65%), Vitamin C: 1.31mg (1.58%), Vitamin B5: 0.16mg (1.57%), Vitamin B6: 0.03mg (1.51%), Selenium: 0.99µg (1.41%)