

## Minty Ice Cream Pie

READY IN



25 min.

SERVINGS



8

CALORIES



605 kcal

DESSERT

### Ingredients

- 9.5 ounces rolos divided
- 19-inch chocolate pie crust (es)
- 2 tablespoons powdered sugar
- 3 ounces cream cheese softened
- 0.3 cup cream sauce hot warmed
- 1 pint ice-cream chocolate shell
- 2 drops drop natural food coloring green
- 2 cups cup heavy whipping cream divided
- 1 teaspoon peppermint extract

- 2 tablespoons sugar
- 0.3 cup walnut pieces chopped

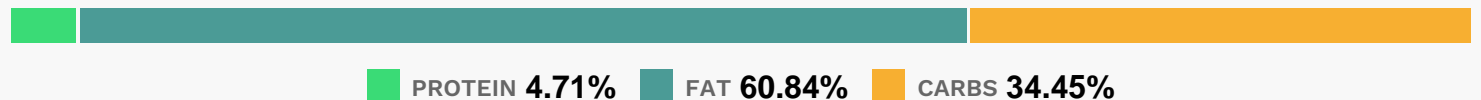
## Equipment

- bowl

## Directions

- In a small bowl, beat cream cheese and sugar until smooth. Beat in 1 cup cream until soft peaks form. Fold in walnuts.
- Spread into crust. Coarsely chop 1 package peppermint candies; fold into ice cream.
- Spread over cream cheese mixture.
- Drizzle with fudge topping. Freeze for 1 hour.
- In a small bowl, beat remaining cream until it begins to thicken.
- Add the confectioners' sugar, extract and food coloring if desired; beat until stiff peaks form.
- Garnish pie with whipped cream mixture and remaining candies. Freeze.
- Remove from the freezer 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:20.89, Glycemic Load:10.29, Inflammation Score:-7, Nutrition Score:8.1182609537373%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

## Nutrients (% of daily need)

Calories: 605.38kcal (30.27%), Fat: 41.95g (64.53%), Saturated Fat: 25.34g (158.4%), Carbohydrates: 53.46g (17.82%), Net Carbohydrates: 51.93g (18.88%), Sugar: 47.12g (52.36%), Cholesterol: 102.22mg (34.07%), Sodium: 191.38mg (8.32%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Caffeine: 4.46mg (1.49%), Protein: 7.3g (14.6%), Vitamin A: 1305.13IU (26.1%), Vitamin B2: 0.31mg (18.07%), Calcium: 171.21mg (17.12%), Phosphorus: 155.14mg (15.51%), Manganese: 0.25mg (12.3%), Vitamin E: 1.46mg (9.75%), Potassium: 325.22mg (9.29%), Copper: 0.18mg (9.01%), Magnesium: 32.71mg (8.18%), Vitamin D: 1.07µg (7.14%), Vitamin B12: 0.41µg (6.78%), Selenium: 4.61µg

(6.58%), Fiber: 1.53g (6.1%), Vitamin B5: 0.57mg (5.72%), Iron: 1mg (5.55%), Zinc: 0.73mg (4.88%), Folate: 16.85µg (4.21%), Vitamin B1: 0.06mg (4.14%), Vitamin B6: 0.08mg (4.05%), Vitamin K: 3.72µg (3.54%), Vitamin C: 1.14mg (1.38%), Vitamin B3: 0.26mg (1.32%)