



Peppermint Brownie à la Mode

READY IN



45 min.

SERVINGS



12

CALORIES



285 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 5 tablespoons butter
- 2 ounces candy canes coarsely chopped
- 4 cups chocolate chip ice cream softened reduced-fat (such as Healthy Choice)
- 2 large eggs lightly beaten
- 1 cup flour all-purpose
- 2 teaspoons hot-brewed coffee instant
- 0.3 cup warm milk fat-free
- 2 teaspoons powdered sugar

- 0.3 teaspoon salt
- 0.3 cup semi chocolate chips
- 1 cup sugar
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

Equipment

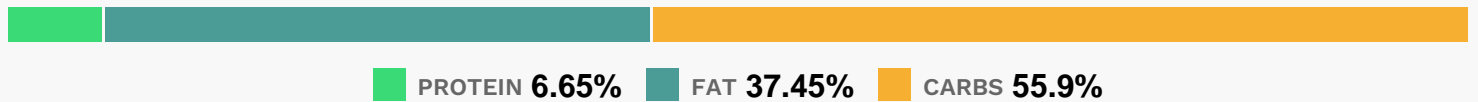
- bowl
- oven
- knife
- whisk
- wire rack
- baking pan
- wooden spoon
- microwave
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, cocoa, baking soda, and salt in a large bowl; stir with a whisk. Set aside.
- Combine fat-free milk, instant coffee, and vanilla in a medium bowl.
- Add sugar and eggs, stirring with a whisk until well combined. In a small microwave-safe bowl, melt butter and chocolate chips at high in 20-second intervals, stirring between each interval, until completely melted.
- Add chocolate mixture to egg mixture, stirring with a whisk until well combined.
- Fold egg mixture into flour mixture, stirring just until moist.
- Spread batter into an 8-inch square baking pan coated with cooking spray.

- Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.
- Cut into 12 pieces.
- Place ice cream in a large bowl.
- Add 4 coarsely chopped candy canes to ice cream, stirring with a wooden spoon until well combined. Return to freezer until ready to serve.
- Place 1 brownie on a plate; sprinkle with about 1/8 teaspoon powdered sugar. Top with 1/3 cup ice cream.
- Garnish with additional candy cane pieces, if desired.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:23.41, Inflammation Score:-4, Nutrition Score:6.8921738629756%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 285.33kcal (14.27%), Fat: 12.45g (19.16%), Saturated Fat: 7.39g (46.16%), Carbohydrates: 41.81g (13.94%), Net Carbohydrates: 39.38g (14.32%), Sugar: 29.94g (33.26%), Cholesterol: 58.88mg (19.63%), Sodium: 157.72mg (6.86%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 18.02mg (6.01%), Protein: 4.98g (9.95%), Manganese: 0.33mg (16.34%), Copper: 0.26mg (13.24%), Selenium: 8.3µg (11.86%), Phosphorus: 118.27mg (11.83%), Vitamin B2: 0.2mg (11.63%), Magnesium: 41.85mg (10.46%), Iron: 1.79mg (9.95%), Fiber: 2.44g (9.74%), Folate: 31.44µg (7.86%), Vitamin A: 386.IIU (7.72%), Vitamin B1: 0.11mg (7.39%), Calcium: 69.71mg (6.97%), Potassium: 224.6mg (6.42%), Zinc: 0.81mg (5.4%), Vitamin B5: 0.46mg (4.62%), Vitamin B3: 0.89mg (4.44%), Vitamin B12: 0.25µg (4.13%), Vitamin B6: 0.05mg (2.59%), Vitamin E: 0.39mg (2.58%), Vitamin D: 0.31µg (2.07%)