



Peppermint-Marshmallow Ice Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 8 chocolate wafers such as nabisco famous
- ☐ 20 chocolate wafers such as nabisco famous divided crushed (such as Nabisco's Famous Chocolate Wafers)
- ☐ 4 cups whipped cream low-fat divided softened
- ☐ 1.3 cups marshmallows miniature divided
- ☐ 5 peppermint candies hard crushed
- ☐ 15 peppermint candies hard crushed

Equipment

- ☐ bowl

- ☐ blender
- ☐ microwave

Directions

- ☐ Place 2 tablespoons vanilla low-fat ice cream in a small microwave-safe bowl. Microwave at high 20 seconds or until ice cream melts.
- ☐ Spread melted ice cream in the bottom of a 9-inch pie plate. Arrange half of crushed chocolate wafer cookies in bottom of pie plate.
- ☐ Place remaining softened ice cream, 1 cup marshmallows, and 15 crushed candies in a large bowl; beat with a mixer at medium speed until well combined. Spoon half of mixture evenly into crust, and sprinkle evenly with remaining crushed cookies.
- ☐ Spread remaining ice cream mixture over crushed cookies. Arrange whole cookies around outside edge of pie; sprinkle top of pie with remaining 1/4 cup marshmallows and 5 crushed candies. Cover and freeze 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:41.94, Glycemic Load:27.31, Inflammation Score:-3, Nutrition Score:5.13999999908779%

Nutrients (% of daily need)

Calories: 303.2kcal (15.16%), Fat: 6.67g (10.26%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 55.86g (18.62%), Net Carbohydrates: 54.91g (19.97%), Sugar: 37.6g (41.77%), Cholesterol: 20.94mg (6.98%), Sodium: 184.29mg (8.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin B2: 0.25mg (14.69%), Calcium: 129.1mg (12.91%), Phosphorus: 106.63mg (10.66%), Manganese: 0.15mg (7.53%), Vitamin A: 343IU (6.86%), Vitamin B12: 0.38µg (6.27%), Copper: 0.12mg (5.89%), Potassium: 202.57mg (5.79%), Iron: 1mg (5.58%), Vitamin B1: 0.08mg (5.53%), Magnesium: 21.93mg (5.48%), Zinc: 0.79mg (5.25%), Vitamin B5: 0.45mg (4.46%), Selenium: 2.85µg (4.07%), Fiber: 0.95g (3.8%), Folate: 14.51µg (3.63%), Vitamin B3: 0.71mg (3.55%), Vitamin B6: 0.05mg (2.26%), Vitamin E: 0.24mg (1.62%), Vitamin C: 0.91mg (1.11%)