



Peppermint Pie

READY IN



375 min.

SERVINGS



8

CALORIES



424 kcal

DESSERT

Ingredients

- 14 ounce eagle brand® condensed milk sweetened canned (NOT evaporated milk)
- 0.3 cup chocolate cookie crumbs
- 8 ounce cream cheese softened
- 1 cup peppermint candies hard crushed
- 8 ounce non-dairy whipped topping frozen thawed

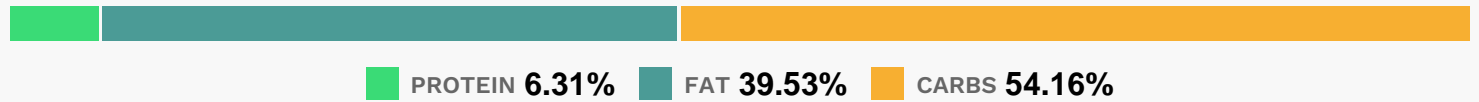
Equipment

- bowl

Directions

- Spray 9-inch pie plate with non-stick cooking spray.
- Sprinkle cookie crumbs on sides and bottom of plate.
- In large bowl, beat cream cheese until fluffy. Gradually beat in EAGLE BRAND® until smooth. Stir in candy and food coloring (optional).
- Fold in whipped topping.
- Pour into prepared plate. Cover; freeze 6 hours or until firm.
- Garnish as desired. Freeze leftovers.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:32.21, Inflammation Score:-4, Nutrition Score:5.6643476965635%

Nutrients (% of daily need)

Calories: 424.1kcal (21.21%), Fat: 18.6g (28.62%), Saturated Fat: 11.91g (74.42%), Carbohydrates: 57.34g (19.11%), Net Carbohydrates: 57.3g (20.84%), Sugar: 49.78g (55.31%), Cholesterol: 46.07mg (15.36%), Sodium: 183.47mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.37%), Calcium: 188.93mg (18.89%), Vitamin B2: 0.31mg (18.05%), Phosphorus: 178.89mg (17.89%), Selenium: 10.65µg (15.22%), Vitamin A: 536.86IU (10.74%), Potassium: 252.86mg (7.22%), Vitamin B12: 0.34µg (5.62%), Vitamin B5: 0.54mg (5.43%), Vitamin B1: 0.07mg (4.52%), Magnesium: 17.87mg (4.47%), Zinc: 0.65mg (4.35%), Vitamin E: 0.54mg (3.61%), Folate: 11.39µg (2.85%), Vitamin B6: 0.05mg (2.45%), Vitamin K: 2.14µg (2.04%), Vitamin C: 1.29mg (1.56%), Iron: 0.25mg (1.37%), Vitamin B3: 0.26mg (1.3%)