

# Heavenly Mint Brownie Dessert

*Rebekah Radewahn - Waimatosa, WI  
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## Servings: 12

### *Cake*

*2 ounces unsweetened chocolate,  
chopped*

*1/4 cup butter, cubed*

*2 eggs*

*1 cup sugar*

*1/8 teaspoon salt*

*1/2 cup + two tablespoons all-  
purpose flour*

*12 mint Andes candies, chopped*

### FILLING

*12 ounces cream cheese, softened*

*6 tablespoons butter, softened*

*1 package (10 to 12 ounce) white  
baking chips*

*1 tablespoon shortening*

*1/2 teaspoon peppermint extract*

*3 to 4 drops green food coloring  
(optional)*

*12 mint Andes candies, chopped*

### GANACHE

*9 ounces semisweet chocolate, chopped*

*1 cup heavy whipping cream*

## Preparation Time: 30 minutes

### Bake: 20 minutes

Preheat the oven to 350 degrees.

In a microwave, melt the unsweetened chocolate and butter. Stir until smooth. Cool slightly.

In a large bowl, beat the eggs, sugar and salt. Stir in the chocolate mixture. Gradually add the flour, mixing well. Fold in the mint candies. Spread into a greased nine-inch springform pan. Bake for 20 to 25 minutes or until a toothpick inserted in the center comes out clean. Cool completely on a wire rack.

For the filling: In a bowl, beat the cream cheese and butter until blended. In a microwave, melt the baking chips and shortening. Stir until smooth. Cool slightly. Beat into the cream cheese mixture. Add the extract and, if desired, the food coloring. Fold in the mint candies. Spread over the brownie layer. Refrigerate until firm, about two hours.

For the ganache: Place the chocolate in a small bowl. In a small saucepan, bring the cream just to a boil. Pour over the chocolate and stir with a whisk until smooth. Cool slightly.

Spread the ganache over the filling. Refrigerate for 30 minutes or until set. Remove the rim from the pan.

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Per Serving (excluding unknown items): 459 Calories; 35g Fat (66.0% calories from fat); 5g Protein; 35g Carbohydrate; trace Dietary Fiber; 119mg Cholesterol; 224mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 7 Fat; 2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

|                                       |           |                             |       |
|---------------------------------------|-----------|-----------------------------|-------|
| <b>Calories (kcal):</b>               | 459       | <b>Vitamin B6 (mg):</b>     | trace |
| <b>% Calories from Fat:</b>           | 66.0%     | <b>Vitamin B12 (mcg):</b>   | .3mcg |
| <b>% Calories from Carbohydrates:</b> | 29.7%     | <b>Thiamin B1 (mg):</b>     | .1mg  |
| <b>% Calories from Protein:</b>       | 4.3%      | <b>Riboflavin B2 (mg):</b>  | .2mg  |
| <b>Total Fat (g):</b>                 | 35g       | <b>Folacin (mcg):</b>       | 17mcg |
| <b>Saturated Fat (g):</b>             | 21g       | <b>Niacin (mg):</b>         | trace |
| <b>Monounsaturated Fat (g):</b>       | 11g       | <b>Caffeine (mg):</b>       | 13mg  |
| <b>Polyunsaturated Fat (g):</b>       | 2g        | <b>Alcohol (kcal):</b>      | 0     |
| <b>Cholesterol (mg):</b>              | 119mg     | <b>% Refused:</b>           | 0.0%  |
| <b>Carbohydrate (g):</b>              | 35g       | <b>Food Exchanges</b>       |       |
| <b>Dietary Fiber (g):</b>             | trace     | <b>Grain (Starch):</b>      | 1/2   |
| <b>Protein (g):</b>                   | 5g        | <b>Lean Meat:</b>           | 1/2   |
| <b>Sodium (mg):</b>                   | 224mg     | <b>Vegetable:</b>           | 0     |
| <b>Potassium (mg):</b>                | 147mg     | <b>Fruit:</b>               | 0     |
| <b>Calcium (mg):</b>                  | 51mg      | <b>Non-Fat Milk:</b>        | 0     |
| <b>Iron (mg):</b>                     | 1mg       | <b>Fat:</b>                 | 7     |
| <b>Zinc (mg):</b>                     | 1mg       | <b>Other Carbohydrates:</b> | 2     |
| <b>Vitamin C (mg):</b>                | trace     |                             |       |
| <b>Vitamin A (i.u.):</b>              | 1102IU    |                             |       |
| <b>Vitamin A (r.e.):</b>              | 307 1/2RE |                             |       |

**Nutrition Facts**

Servings per Recipe: 12

**Amount Per Serving**

**Calories** 459 **Calories from Fat:** 303

**% Daily Values\***

|                                |      |
|--------------------------------|------|
| <b>Total Fat</b> 35g           | 54%  |
| Saturated Fat 21g              | 105% |
| <b>Cholesterol</b> 119mg       | 40%  |
| <b>Sodium</b> 224mg            | 9%   |
| <b>Total Carbohydrates</b> 35g | 12%  |
| Dietary Fiber trace            | 1%   |
| <b>Protein</b> 5g              |      |
| <b>Vitamin A</b>               | 22%  |
| <b>Vitamin C</b>               | 0%   |
| <b>Calcium</b>                 | 5%   |
| <b>Iron</b>                    | 8%   |

\* Percent Daily Values are based on a 2000 calorie diet.