



Big Bowl Brownie Dessert

READY IN



270 min.

SERVINGS



16

CALORIES



299 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 2 cups whipping cream (1 pint)
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon almond extract
- ☐ 21 oz cherry pie filling with more fruit canned
- ☐ 0.5 teaspoon almond extract
- ☐ 2 tablespoons almonds toasted sliced

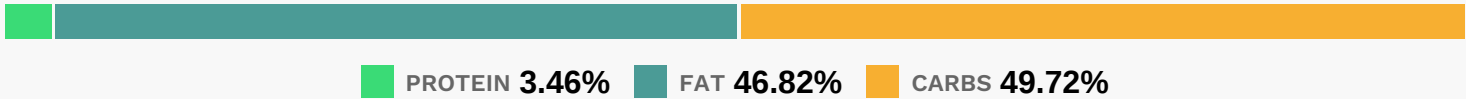
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350° F (325° F for dark or nonstick pan). Line 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray. Make and bake brownies as directed on box. Cool completely on cooling rack, about 1 1/2 hours.
- ☐ In chilled large bowl, beat whipping cream, powdered sugar, and 1/2 teaspoon almond extract with electric mixer on high speed until stiff peaks form. (Do not overbeat.) In small bowl, combine pie filling and 1/2 teaspoon almond extract.
- ☐ Using foil to lift, remove brownies from pan, and peel away foil.
- ☐ Cut brownies into 1-inch pieces. In 3-quart glass bowl, layer half of the brownies; top with cherry pie filling and half of the whipped cream. Top with remaining brownies and whipped topping; sprinkle with almonds. Cover; refrigerate at least 2 hours but no longer than 12 hours before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.4321739595869%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:

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Nutrients (% of daily need)

Calories: 299.24kcal (14.96%), Fat: 15.69g (24.15%), Saturated Fat: 7.77g (48.56%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 37.13g (13.5%), Sugar: 18.68g (20.76%), Cholesterol: 33.62mg (11.21%), Sodium: 97.62mg (4.24%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 2.61g (5.22%), Vitamin A: 513.62IU (10.27%), Iron: 0.96mg (5.36%), Vitamin B2: 0.08mg (4.53%), Vitamin E: 0.67mg (4.44%), Vitamin D: 0.48µg (3.17%), Phosphorus: 28.86mg (2.89%), Calcium: 27.16mg (2.72%), Vitamin K: 2.56µg (2.44%), Copper: 0.05mg (2.32%), Potassium: 76.94mg (2.2%), Manganese: 0.04mg (2.04%), Magnesium: 8.09mg (2.02%), Vitamin C: 1.52mg (1.84%), Selenium: 1.12µg (1.59%), Fiber: 0.38g (1.52%), Vitamin B6: 0.03mg (1.3%), Vitamin B1: 0.02mg (1.19%), Vitamin B5: 0.11mg (1.05%)