



Black Forest Brownie Dessert

READY IN



80 min.

SERVINGS



6

CALORIES



603 kcal

DESSERT

Ingredients

- ☐ 10.3 oz brownie mix
- ☐ 21 oz cherry pie filling canned
- ☐ 0.3 teaspoon cocoa powder
- ☐ 2 tablespoons rum / brandy / coffee liqueur
- ☐ 1 eggs
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons water
- ☐ 1 cup whipping cream

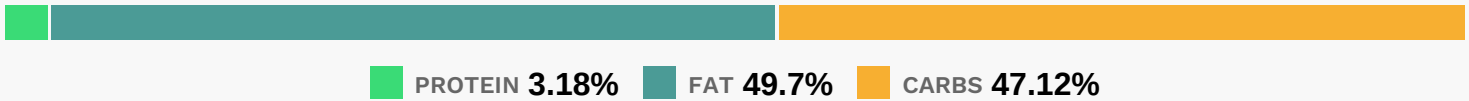
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Spray 9-inch glass pie plate with baking spray with flour. Make brownie mix as directed on pouch, using oil, water and egg.
- ☐ Pour batter into pie plate.
- ☐ Bake 24 to 26 minutes or until toothpick inserted in center comes out almost clean. Cool 30 minutes.
- ☐ In small bowl, stir together pie filling and liqueur.
- ☐ Cut brownie into 6 wedges.
- ☐ Place each wedge on individual serving plate. Spoon about 1/3 cup cherry mixture over each wedge.
- ☐ In medium bowl, beat whipping cream and powdered sugar with electric mixer on high speed until stiff peaks form.
- ☐ Add dollop of whipped cream to each serving.
- ☐ Sprinkle with cocoa.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:5.2773913715197%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg

Nutrients (% of daily need)

Calories: 602.53kcal (30.13%), Fat: 33.08g (50.89%), Saturated Fat: 12.49g (78.06%), Carbohydrates: 70.58g (23.53%), Net Carbohydrates: 69.97g (25.44%), Sugar: 28.85g (32.06%), Cholesterol: 72.1mg (24.03%), Sodium: 181.09mg (7.87%), Alcohol: 1.09g (100%), Alcohol %: 0.63% (100%), Protein: 4.76g (9.51%), Vitamin K: 23.56µg (22.44%), Vitamin A: 826.11IU (16.52%), Iron: 1.78mg (9.87%), Vitamin E: 1.43mg (9.55%), Vitamin B2: 0.12mg (7.31%), Selenium: 3.85µg (5.5%), Phosphorus: 52.72mg (5.27%), Vitamin D: 0.78µg (5.21%), Vitamin C: 3.81mg (4.62%), Copper: 0.09mg (4.57%), Potassium: 152.65mg (4.36%), Calcium: 41.42mg (4.14%), Vitamin B6: 0.06mg (3.16%), Vitamin B5: 0.28mg (2.76%), Magnesium: 10.86mg (2.72%), Fiber: 0.61g (2.44%), Vitamin B1: 0.04mg (2.38%), Folate: 9.02µg (2.25%), Vitamin B12: 0.13µg (2.15%), Manganese: 0.03mg (1.69%), Zinc: 0.24mg (1.62%)