



Brownie and Berries Dessert Pizza

 Vegetarian

READY IN



160 min.

SERVINGS



12

CALORIES



293 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 8 oz cream cheese softened
- 0.3 cup sugar
- 0.5 teaspoon vanilla
- 1.5 cups strawberries fresh sliced
- 0.5 cup blueberries fresh
- 0.5 cup raspberries fresh
- 0.3 cup apple jelly

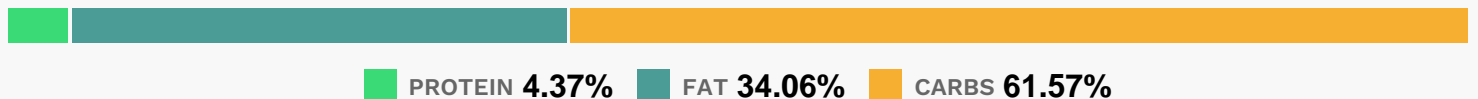
Equipment

- bowl
- frying pan
- oven
- wire rack
- pizza pan
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom and sides of 12x3/4-inch pizza pan with shortening or cooking spray.
- Make brownies as directed on box for cakelike brownies.
- Spread in pan.
- Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool completely on cooling rack, about 1 hour.
- In small bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until smooth. Carefully spread mixture evenly over brownie base. Arrange berries over cream cheese mixture. Stir jelly until smooth; brush over berries. Refrigerate about 1 hour or until chilled.
- Cut into wedges. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:8.46, Inflammation Score:-2, Nutrition Score:2.9582608264426%

Flavonoids

Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg Petunidin: 1.98mg, Petunidin: 1.98mg, Petunidin: 1.98mg, Petunidin: 1.98mg Delphinidin: 2.31mg, Delphinidin: 2.31mg, Delphinidin: 2.31mg, Delphinidin: 2.31mg Malvidin: 4.18mg, Malvidin: 4.18mg, Malvidin: 4.18mg, Malvidin: 4.18mg Pelargonidin: 4.52mg, Pelargonidin: 4.52mg, Pelargonidin: 4.52mg, Pelargonidin: 4.52mg Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 292.84kcal (14.64%), Fat: 11.21g (17.24%), Saturated Fat: 4.81g (30.06%), Carbohydrates: 45.57g (15.19%), Net Carbohydrates: 44.64g (16.23%), Sugar: 31.32g (34.8%), Cholesterol: 19.09mg (6.36%), Sodium: 173.1mg (7.53%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 3.24g (6.48%), Vitamin C: 13.32mg (16.15%), Iron: 1.26mg (6.99%), Manganese: 0.13mg (6.51%), Vitamin A: 260.96IU (5.22%), Fiber: 0.94g (3.75%), Vitamin B2: 0.06mg (3.54%), Phosphorus: 28.54mg (2.85%), Selenium: 1.94µg (2.77%), Calcium: 24.8mg (2.48%), Vitamin K: 2.37µg (2.26%), Folate: 8.48µg (2.12%), Potassium: 72.42mg (2.07%), Vitamin E: 0.3mg (2.03%), Vitamin B5: 0.16mg (1.56%), Copper: 0.03mg (1.5%), Magnesium: 5.91mg (1.48%), Vitamin B6: 0.03mg (1.35%), Zinc: 0.16mg (1.05%)