



Brownie and Berries Dessert Pizza

 Vegetarian

READY IN



170 min.

SERVINGS



16

CALORIES



375 kcal

DESSERT

Ingredients

- 0.5 cup apple jelly
- 1 cup blueberries fresh
- 1 box brownie mix (1 lb 6.25 oz)
- 8 oz cream cheese softened
- 1 cup raspberries fresh
- 2 cups strawberries fresh sliced
- 0.3 cup sugar
- 0.5 teaspoon vanilla

16 servings vegetable oil for on brownie mix box

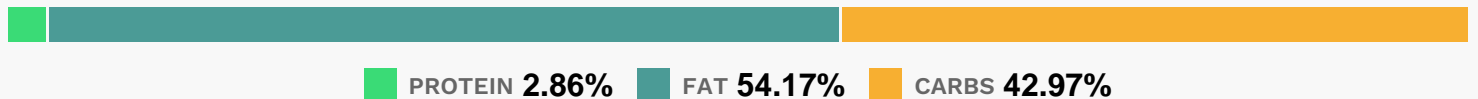
Equipment

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

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 12x3/4-inch pizza pan with shortening or cooking spray.
- Make brownie batter as directed on box.
- Spread in pan.
- Bake 25 to 28 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely, 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:16.13, Glycemic Load:8.04, Inflammation Score:-2, Nutrition Score:4.3917391507522%

Flavonoids

Cyanidin: 4.52mg, Cyanidin: 4.52mg, Cyanidin: 4.52mg, Cyanidin: 4.52mg Petunidin: 2.96mg, Petunidin: 2.96mg, Petunidin: 2.96mg, Petunidin: 2.96mg Delphinidin: 3.43mg, Delphinidin: 3.43mg, Delphinidin: 3.43mg, Delphinidin: 3.43mg Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg Pelargonidin: 4.55mg, Pelargonidin: 4.55mg, Pelargonidin: 4.55mg, Pelargonidin: 4.55mg Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 374.81kcal (18.74%), Fat: 22.89g (35.21%), Saturated Fat: 5.84g (36.48%), Carbohydrates: 40.84g (13.61%), Net Carbohydrates: 39.66g (14.42%), Sugar: 27.8g (30.89%), Cholesterol: 14.32mg (4.77%), Sodium: 141.38mg (6.15%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 2.72g (5.44%), Vitamin K: 28.81µg (27.44%), Vitamin C: 14.38mg (17.43%), Vitamin E: 1.45mg (9.67%), Manganese: 0.16mg (7.85%), Iron: 1.12mg (6.22%), Fiber: 1.19g (4.75%), Vitamin A: 200IU (4%), Vitamin B2: 0.05mg (3.07%), Phosphorus: 24.8mg (2.48%), Folate: 8.89µg (2.22%), Selenium: 1.55µg (2.22%), Calcium: 21.24mg (2.12%), Potassium: 73.15mg (2.09%), Copper: 0.03mg (1.71%), Magnesium: 6.26mg (1.57%), Vitamin B5: 0.14mg (1.42%), Vitamin B6: 0.03mg (1.37%), Vitamin B1: 0.02mg (1.01%)