



WHATSheATE



Brownie and Strawberry Shortcakes



Vegetarian

READY IN



150 min.

SERVINGS



12

CALORIES



499 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix (1 lb 6.25 oz)
- ☐ 1 box chocolate pudding white instant (4-serving size)
- ☐ 1.3 cups milk
- ☐ 2 cups strawberries fresh sliced
- ☐ 12 servings vegetable oil for on brownie mix box
- ☐ 2 cups whipping cream

Equipment

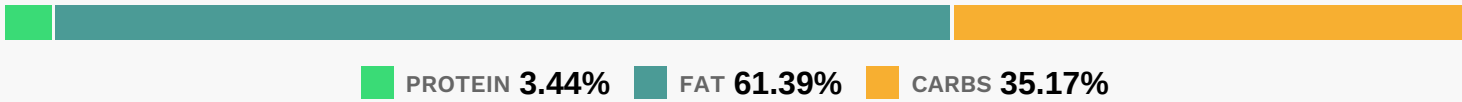
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray. Make brownie batter as directed on box.
- ☐ Spread batter in pan.
- ☐ Bake 28 to 30 minutes or until toothpick inserted 2 inches from sides of pan comes out almost clean. Cool completely, about 1 hour.
- ☐ Meanwhile, in medium bowl, beat milk and pudding mix with wire whisk until thickened; set aside. In another medium bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. Gently fold whipped cream into pudding mixture until well combined. Cover; refrigerate until serving.
- ☐ Cut brownies into 6 rows by 4 rows, making 24 squares.
- ☐ Place 1 brownie square on each of 12 individual dessert plates; top each square with 3 tablespoons pudding mixture. Top each shortcake with another brownie square, 2 more tablespoons of pudding mixture and 2 tablespoons strawberries. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:1, Inflammation Score:-4, Nutrition Score:5.9017390556957%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg

Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 499.22kcal (24.96%), Fat: 34.5g (53.08%), Saturated Fat: 12.91g (80.68%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 43.7g (15.89%), Sugar: 30.06g (33.4%), Cholesterol: 47.87mg (15.96%), Sodium: 259.03mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.69%), Vitamin K: 27.74µg (26.42%), Vitamin C: 14.35mg (17.39%), Vitamin A: 627.16IU (12.54%), Vitamin E: 1.6mg (10.65%), Iron: 1.44mg (7.99%), Vitamin B2: 0.12mg (7.02%), Calcium: 62.24mg (6.22%), Manganese: 0.12mg (6.17%), Vitamin D: 0.91µg (6.1%), Phosphorus: 60.2mg (6.02%), Potassium: 131.41mg (3.75%), Vitamin B12: 0.2µg (3.35%), Magnesium: 12.55mg (3.14%), Fiber: 0.77g (3.07%), Selenium: 1.97µg (2.81%), Vitamin B5: 0.23mg (2.28%), Copper: 0.04mg (2.22%), Vitamin B6: 0.04mg (2.08%), Vitamin B1: 0.03mg (1.92%), Folate: 7.59µg (1.9%), Zinc: 0.28mg (1.88%)