



Brownie and Strawberry Shortcakes

READY IN



125 min.

SERVINGS



12

CALORIES



305 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 1.3 cups milk cold
- ☐ 1 box peach pie filling white instant (4-serving size)
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 2 cups strawberries fresh sliced

Equipment

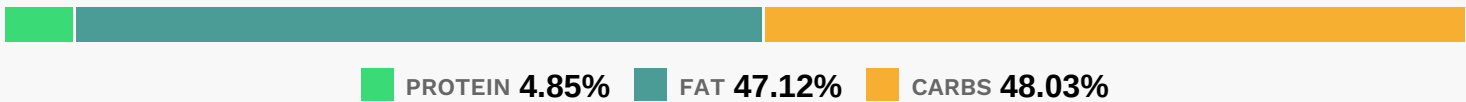
- ☐ bowl

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

Directions

- ☐ Heat oven to 350°F. Line 13x9-inch pan with foil, allowing some to extend over edges of pan. Grease bottom and sides of foil with shortening or spray with cooking spray.
- ☐ Make and bake brownies as directed on box. Cool completely on cooling rack, about 1 hour. Freeze in pan 15 minutes.
- ☐ Meanwhile, in large bowl, beat milk and pudding mix with wire whisk about 2 minutes or until thickened; set aside. In chilled 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.
- ☐ When ready to serve, using foil to lift, remove brownies from pan, and peel foil away.
- ☐ Cut into 6 rows by 4 rows, making 24 squares. To assemble, place 1 brownie square on plate. Top brownie square with 3 tablespoons of the pudding mixture and 1 tablespoon of the strawberries. Top with another brownie square, 2 more tablespoons of pudding mixture and 1 tablespoon strawberries. Repeat with remaining brownie squares, pudding mixture and strawberries. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:3.6608696113462%

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,

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Nutrients (% of daily need)

Calories: 305.04kcal (15.25%), Fat: 16.14g (24.84%), Saturated Fat: 7.46g (46.65%), Carbohydrates: 37.03g (12.34%), Net Carbohydrates: 36.55g (13.29%), Sugar: 24.21g (26.9%), Cholesterol: 31.06mg (10.35%), Sodium: 140.73mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin C: 14.26mg (17.29%), Vitamin A: 408.51IU (8.17%), Iron: 1.32mg (7.32%), Calcium: 51.47mg (5.15%), Vitamin B2: 0.09mg (5.12%), Manganese: 0.09mg (4.7%), Phosphorus: 45.82mg (4.58%), Vitamin D: 0.68µg (4.51%), Vitamin K: 3.54µg (3.37%), Vitamin B12: 0.18µg (2.95%), Potassium: 98.43mg (2.81%), Vitamin E: 0.41mg (2.71%), Magnesium: 7.91mg (1.98%), Fiber: 0.48g (1.92%), Selenium: 1.32µg (1.89%), Vitamin B5: 0.19mg (1.88%), Vitamin B6: 0.04mg (1.77%), Folate: 6.75µg (1.69%), Vitamin B1: 0.03mg (1.66%), Zinc: 0.2mg (1.32%)