

Brownie Sundae

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



446 kcal

DESSERT

Ingredients

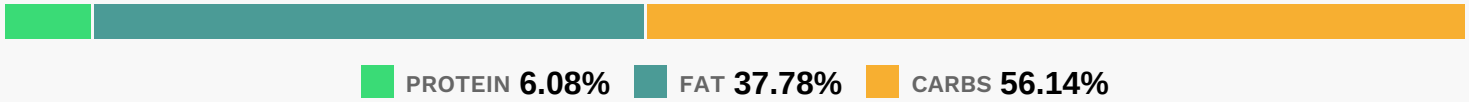
- ☐ 1 brownie mix cut in half lengthwise
- ☐ 2 scoops ice-cream chocolate shell (or other)
- ☐ 2 tablespoon topping
- ☐ 1 maraschino cherries with stem
- ☐ 1 serving whipped cream prepared

Equipment

Directions

- ☐
- Place half of the brownie in the bottom of a small dessert plate.
- ☐
- Let guests choose one small scoop of ice cream to place on top of it.
- ☐
- Drizzle with a tablespoon of the chocolate sauce; top with some of whipped cream.
- ☐
- Cover the ice cream with the remaining brownie half, pressing down slightly. Top with a second scoop of ice cream, chocolate sauce, and whipped cream. Finish with a cherry.
- ☐
- Parade

Nutrition Facts



Properties

Glycemic Index:105, Glycemic Load:18.23, Inflammation Score:-5, Nutrition Score:8.8865216763123%

Nutrients (% of daily need)

Calories: 446.2kcal (22.31%), Fat: 19.37g (29.79%), Saturated Fat: 11.35g (70.91%), Carbohydrates: 64.76g (21.59%), Net Carbohydrates: 61.95g (22.53%), Sugar: 49.67g (55.19%), Cholesterol: 49.82mg (16.61%), Sodium: 235.4mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.62mg (2.21%), Protein: 7.01g (14.03%), Phosphorus: 183.59mg (18.36%), Vitamin B2: 0.29mg (17.33%), Calcium: 171.26mg (17.13%), Manganese: 0.33mg (16.32%), Copper: 0.32mg (15.91%), Magnesium: 57.38mg (14.34%), Potassium: 446.47mg (12.76%), Vitamin A: 593.23IU (11.86%), Fiber: 2.81g (11.23%), Iron: 1.77mg (9.86%), Vitamin E: 1.44mg (9.58%), Vitamin B5: 0.8mg (7.97%), Zinc: 1.12mg (7.44%), Vitamin B12: 0.42µg (7.05%), Selenium: 4.27µg (6.1%), Folate: 22.82µg (5.71%), Vitamin B1: 0.07mg (4.71%), Vitamin B6: 0.08mg (4.15%), Vitamin B3: 0.4mg (1.99%), Vitamin D: 0.29µg (1.92%), Vitamin K: 1.53µg (1.46%), Vitamin C: 1mg (1.21%)