



## Brownie Sundaes

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



2115 kcal

DESSERT

### Ingredients

- 14 ounce chocolate fat-free
- 0.3 cup ice-cream chocolate shell fat-free
- 1 tablespoon raspberries melted

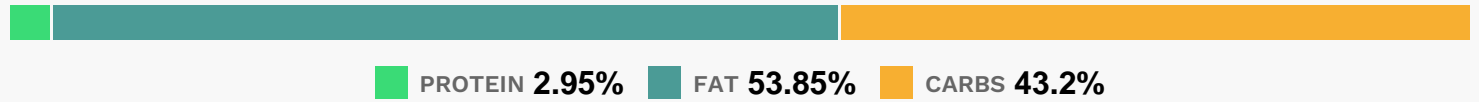
### Equipment

### Directions

- For each sundae, place 1 brownie (1/10 of package, cut into a triangle,) on a dessert plate.

Serve with 1/3 cup ice cream, and drizzle with 1 tablespoon melted raspberry spread.

## Nutrition Facts



### Properties

Glycemic Index:118.6, Glycemic Load:98.97, Inflammation Score:-9, Nutrition Score:33.919565161933%

### Flavonoids

Cyanidin: 6.77mg, Cyanidin: 6.77mg, Cyanidin: 6.77mg, Cyanidin: 6.77mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

### Nutrients (% of daily need)

Calories: 2114.98kcal (105.75%), Fat: 140.67g (216.42%), Saturated Fat: 82.69g (516.82%), Carbohydrates: 253.89g (84.63%), Net Carbohydrates: 230.57g (83.84%), Sugar: 216.15g (240.17%), Cholesterol: 14.96mg (4.99%), Sodium: 97.09mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 263.27mg (87.76%), Protein: 17.33g (34.66%), Copper: 2.35mg (117.54%), Magnesium: 464.5mg (116.13%), Manganese: 2.12mg (106.07%), Fiber: 23.32g (93.27%), Iron: 11.47mg (63.7%), Phosphorus: 634.8mg (63.48%), Vitamin B2: 1.04mg (61.38%), Zinc: 6.27mg (41.8%), Potassium: 1282.88mg (36.65%), Vitamin K: 26.29µg (25.04%), Selenium: 12.24µg (17.49%), Calcium: 146.91mg (14.69%), Vitamin B3: 2.85mg (14.24%), Vitamin B6: 0.2mg (10.15%), Vitamin E: 1.29mg (8.62%), Vitamin B1: 0.1mg (6.84%), Vitamin B5: 0.57mg (5.74%), Folate: 22.05µg (5.51%), Vitamin C: 4.18mg (5.07%), Vitamin A: 187.92IU (3.76%), Vitamin B12: 0.13µg (2.13%)