



Brownie Trifle

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



398 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup almonds sliced
- 10.3 oz brownie mix
- 1 eggs
- 6 oz raspberries fresh
- 0.3 cup vegetable oil
- 2 tablespoons water
- 2 cups non-dairy whipped topping frozen thawed

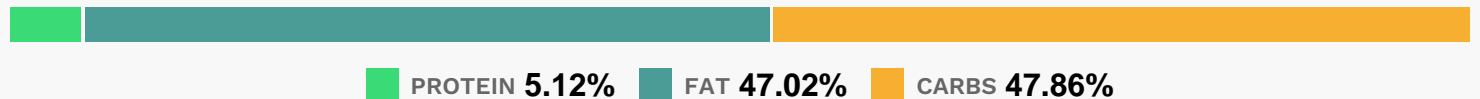
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 325F. Spray bottom only of 8-inch square pan with cooking spray or grease with shortening. In large bowl, stir brownie mix, oil, water, almond extract and egg with spoon about 50 times (batter may be lumpy).
- Spread in pan.
- Bake 26 to 28 minutes or until toothpick inserted in center comes out almost clean. Cool completely, about 1 hour.
- Break cooled brownies into bite-size pieces, placing half of pieces in 2-quart straight-sided serving bowl. Top with half of the whipped topping and half of the raspberries; repeat layers.
- Sprinkle almonds over top.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:5.4521738964578%

Flavonoids

Cyanidin: 13.07mg, Cyanidin: 13.07mg, Cyanidin: 13.07mg, Cyanidin: 13.07mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 398.26kcal (19.91%), Fat: 21.01g (32.33%), Saturated Fat: 5.85g (36.59%), Carbohydrates: 48.12g (16.04%), Net Carbohydrates: 45.8g (16.65%), Sugar: 31.41g (34.9%), Cholesterol: 27.78mg (9.26%), Sodium: 170.43mg (7.41%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 5.15g (10.3%), Vitamin K: 19.74µg (18.8%), Vitamin E: 2.17mg (14.49%), Manganese: 0.28mg (14.02%), Iron: 1.85mg (10.3%), Fiber: 2.32g (9.29%), Vitamin C: 7.43mg (9%), Vitamin B2: 0.11mg (6.52%), Phosphorus: 59.7mg (5.97%), Magnesium: 19.31mg (4.83%), Selenium: 3.07µg (4.38%), Calcium: 39.44mg (3.94%), Copper: 0.07mg (3.69%), Potassium: 106.77mg (3.05%), Folate: 11.84µg (2.96%), Zinc: 0.36mg (2.39%), Vitamin B5: 0.22mg (2.24%), Vitamin B12: 0.12µg (1.92%), Vitamin B6: 0.04mg (1.92%), Vitamin B3: 0.34mg (1.7%), Vitamin B1: 0.02mg (1.66%), Vitamin A: 67.49IU (1.35%)