



## Brownie Trifle

READY IN



45 min.

SERVINGS



15

CALORIES



645 kcal

DESSERT

## Ingredients

- ☐ 42 ounce chewy fudge brownie mix
- ☐ 12.3 ounce caramel topping
- ☐ 8 ounce cream cheese softened
- ☐ 3 cups milk fat-free
- ☐ 6.6 ounce chocolate pudding white instant
- ☐ 7 ounce marshmallow creme
- ☐ 16 ounce non-dairy whipped topping frozen divided thawed

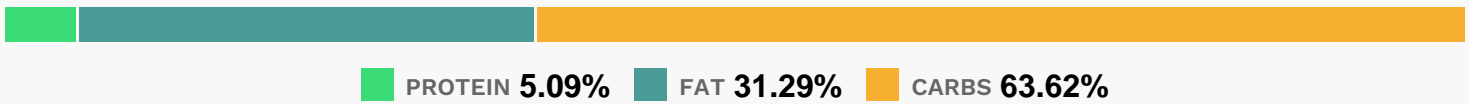
## Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ hand mixer

## Directions

- ☐ Prepare each brownie mix according to package directions for chewy brownies in a 13- x 9-inch pan. Cool; break into large pieces.
- ☐ Beat cream cheese at medium speed with an electric mixer until creamy; beat in marshmallow cream. Stir in 1 container of whipped topping; set mixture aside.
- ☐ Stir together milk and white chocolate pudding mix, stirring until thickened. Stir in remaining container of whipped topping.
- ☐ Crumble half of brownie pieces in an even layer in bottom of a 13- x 9-inch baking dish.
- ☐ Pour cream cheese mixture evenly over brownies; drizzle evenly with caramel topping.
- ☐ Pour pudding evenly over caramel topping; crumble remaining brownie pieces over top. Cover and chill 2 hours.
- ☐ NOTE: For testing purposes only, we used Duncan Hines Chewy Fudge Brownie
- ☐ Mix and Smuckers Caramel Topping.

## Nutrition Facts



## Properties

Glycemic Index:8.68, Glycemic Load:6.17, Inflammation Score:-2, Nutrition Score:4.4239129893806%

## Nutrients (% of daily need)

Calories: 645.37kcal (32.27%), Fat: 22.81g (35.09%), Saturated Fat: 10.99g (68.66%), Carbohydrates: 104.35g (34.78%), Net Carbohydrates: 104.32g (37.94%), Sugar: 78.24g (86.94%), Cholesterol: 19.97mg (6.66%), Sodium: 411.3mg (17.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.68%), Calcium: 136.98mg (13.7%), Iron: 2.31mg (12.82%), Phosphorus: 121.97mg (12.2%), Vitamin B2: 0.16mg (9.49%), Vitamin B12: 0.49µg (8.16%), Vitamin A: 349.97IU (7%), Selenium: 3.87µg (5.53%), Potassium: 183.29mg (5.24%), Vitamin B5: 0.37mg (3.74%), Vitamin D: 0.54µg (3.59%), Magnesium: 12.01mg (3%), Vitamin B1: 0.04mg (2.99%), Zinc: 0.42mg (2.79%), Vitamin E: 0.41mg (2.75%), Vitamin B6: 0.05mg (2.5%), Vitamin K: 2.42µg (2.31%), Folate: 4.58µg (1.15%)