



## Brownies and Chocolate-Raspberry Fondue

 Vegetarian

READY IN



120 min.

SERVINGS



16

CALORIES



396 kcal

DESSERT

### Ingredients

- ☐ 1 box brownie mix betty crocker® (1 lb 2.4 oz)
- ☐ 1 container chocolate frosting betty crocker®
- ☐ 1 slices fruit fresh whole assorted (orange sections, strawberries, banana and raspberries)
- ☐ 0.3 cup raspberry jam seedless
- ☐ 16 servings vegetable oil for on brownie mix box

### Equipment

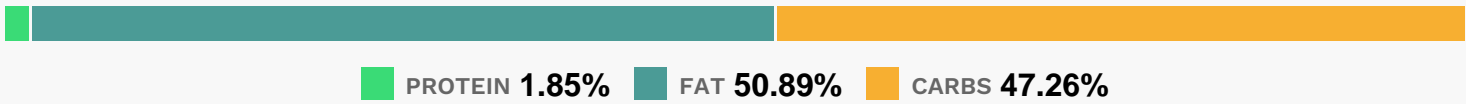
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ pot
- ☐ microwave

## Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 8-inch or 9-inch square pan with cooking spray or shortening. Make brownies as directed on box. Cool completely, about 1 hour. For 49 squares, cut into 7 rows by 7 rows.
- ☐ In microwavable bowl, stir together frosting and preserves. Microwave uncovered on High about 20 seconds or until mixture can be stirred smooth.
- ☐ Pour into fondue pot. Keep warm over low heat, and serve within 1 hour.
- ☐ Spear brownies and fruit with fondue forks; dip in fondue.

## Nutrition Facts



## Properties

Glycemic Index:3.44, Glycemic Load:2.64, Inflammation Score:-1, Nutrition Score:2.6156522072042%

## Nutrients (% of daily need)

Calories: 396.46kcal (19.82%), Fat: 22.84g (35.15%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 47.74g (15.91%), Net Carbohydrates: 47.41g (17.24%), Sugar: 35.59g (39.54%), Cholesterol: 0mg (0%), Sodium: 147.16mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin K: 25.75µg (24.52%), Vitamin E: 1.6mg (10.64%), Iron: 1.34mg (7.42%), Manganese: 0.07mg (3.54%), Copper: 0.06mg (3.19%), Phosphorus: 23.72mg (2.37%), Potassium: 61mg (1.74%), Magnesium: 6.23mg (1.56%), Fiber: 0.33g (1.33%)