



Brownies in a Cone

 Dairy Free

READY IN



35 min.

SERVINGS



17

CALORIES



219 kcal

DESSERT

Ingredients

- 1 package brownie mix (13-inch x 9-inch pan size)
- 17 ice cream cake cones (3 inches tall)
- 1 cup semi chocolate chips
- 1 tablespoon shortening
- 1 serving sprinkles

Equipment

- oven
- toothpicks

- microwave
- muffin liners

Directions

- Prepare brownie batter according to package directions, using 3 eggs.
- Place the ice cream cones in muffin cups; spoon about 3 tablespoons batter into each cone.
- Bake at 350° for 25–30 minutes or until a toothpick comes out clean and tops are dry (do not overbake). Cool completely.
- In a microwave, melt chocolate chips and shortening; stir until smooth. Dip tops of brownies in melted chocolate; allow excess to drip off. Decorate with sprinkles.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.2147825917472%

Nutrients (% of daily need)

Calories: 219.43kcal (10.97%), Fat: 8.75g (13.46%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 31.79g (11.56%), Sugar: 19.54g (21.71%), Cholesterol: 0.64mg (0.21%), Sodium: 98.93mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.11mg (3.04%), Protein: 2.41g (4.82%), Iron: 1.66mg (9.2%), Manganese: 0.16mg (8.16%), Copper: 0.14mg (7.02%), Magnesium: 19.68mg (4.92%), Fiber: 0.97g (3.87%), Phosphorus: 31.41mg (3.14%), Zinc: 0.31mg (2.05%), Potassium: 64.52mg (1.84%), Folate: 6.92µg (1.73%), Selenium: 1.08µg (1.54%), Vitamin B3: 0.27mg (1.33%), Vitamin K: 1.23µg (1.18%), Vitamin B2: 0.02mg (1.14%)