



Caramel Cream Brownie Trifle

READY IN



200 min.

SERVINGS



20

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 1 box peach pie filling instant (4-serving size)
- ☐ 2 cups milk
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 8 oz non-dairy whipped topping frozen thawed
- ☐ 1 cup walnut pieces chopped

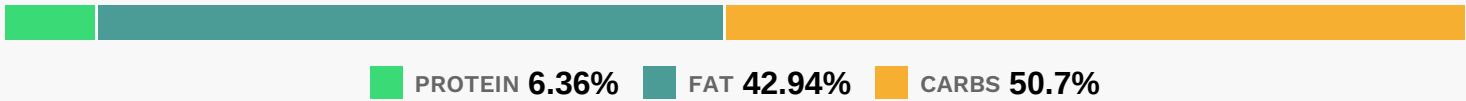
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Bake brownie mix as directed on box, using water, oil and eggs, in 13x9-inch pan. Cool completely, about 1 hour.
- ☐ Make pudding mix as directed on box for pudding, using milk; refrigerate.
- ☐ Cut brownies into 1-inch pieces. Thoroughly stir caramel topping into whipped topping.
- ☐ In 3-quart glass bowl, layer half each of the brownies, pudding, walnuts and whipped topping mixture; repeat.
- ☐ Cover and refrigerate at least 2 hours before serving but no longer than 24 hours. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.9, Glycemic Load:0.51, Inflammation Score:-1, Nutrition Score:2.608695625611%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 203.1kcal (10.15%), Fat: 9.87g (15.18%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 25.81g (9.39%), Sugar: 18.27g (20.3%), Cholesterol: 3.15mg (1.05%), Sodium: 101.67mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Manganese: 0.2mg (10.11%), Phosphorus: 54.38mg (5.44%), Iron: 0.9mg (4.99%), Copper: 0.09mg (4.72%), Calcium: 45.18mg (4.52%), Magnesium: 13.11mg (3.28%), Vitamin B2: 0.05mg (3.1%), Vitamin B12: 0.16µg (2.66%), Vitamin B6: 0.05mg (2.43%), Vitamin B1: 0.04mg (2.39%), Potassium: 75.74mg (2.16%), Zinc: 0.29mg (1.95%), Vitamin D: 0.27µg (1.79%), Vitamin K: 1.88µg (1.79%), Fiber: 0.39g (1.57%), Folate: 6.13µg (1.53%), Selenium: 1.06µg (1.51%), Vitamin B5: 0.13mg (1.29%), Vitamin E: 0.17mg (1.12%), Vitamin A: 51.64IU (1.03%)