



Caramel Cream Brownie Trifle

READY IN



200 min.

SERVINGS



20

CALORIES



339 kcal

DESSERT

Ingredients

- 1 box brownie mix (1 lb 2.3 oz)
- 0.3 cup mrs richardson's butterscotch caramel sauce
- 1 box chocolate pudding instant (4-serving size)
- 2 cups milk
- 1 cup walnut pieces chopped
- 20 servings vegetable oil for on brownie mix box
- 8 oz non-dairy whipped topping frozen thawed

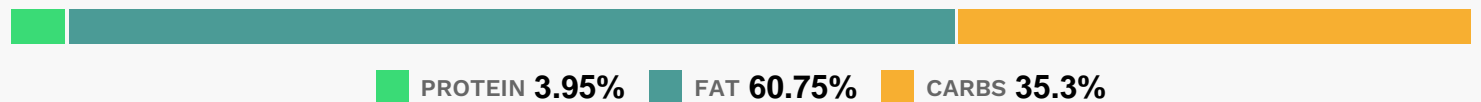
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F.
- 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:4.1469564923774%

Flavonoids

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

Nutrients (% of daily need)

Calories: 338.76kcal (16.94%), Fat: 23.26g (35.78%), Saturated Fat: 4.93g (30.84%), Carbohydrates: 30.41g (10.14%), Net Carbohydrates: 29.85g (10.85%), Sugar: 21.52g (23.91%), Cholesterol: 3.15mg (1.05%), Sodium: 170.24mg (7.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin K: 26.41µg (25.15%), Manganese: 0.22mg (10.99%), Vitamin E: 1.26mg (8.4%), Phosphorus: 57.83mg (5.78%), Copper: 0.11mg (5.57%), Iron: 0.96mg (5.35%), Calcium: 45.76mg (4.58%), Magnesium: 15.27mg (3.82%), Vitamin B2: 0.06mg (3.25%), Vitamin B12: 0.16µg (2.66%), Potassium: 87.04mg (2.49%), Vitamin B6: 0.05mg (2.46%), Vitamin B1: 0.04mg (2.42%), Fiber: 0.56g (2.26%), Zinc: 0.32mg (2.15%), Vitamin D: 0.27µg (1.79%), Selenium: 1.18µg (1.68%), Folate: 6.27µg (1.57%), Vitamin B5: 0.13mg (1.3%), Vitamin A: 51.63IU (1.03%)