



Chocolate Kahlua® Trifle

READY IN



310 min.

SERVINGS



8

CALORIES



584 kcal

DESSERT

Ingredients

- ☐ 19.8 ounce brownie mix
- ☐ 0.5 cup coffee-flavored liqueur to taste kahlua® (such as)
- ☐ 2 eggs
- ☐ 3.9 ounce chocolate pudding and pie filling mix instant
- ☐ 2 cups milk cold
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 12 ounce non-dairy whipped topping frozen thawed

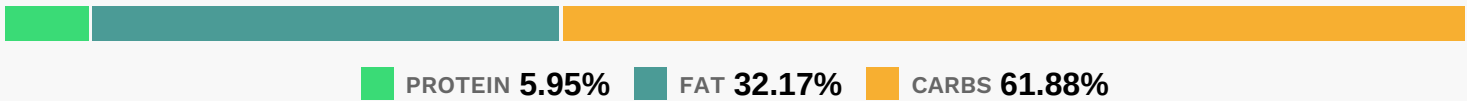
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ toothpicks
- ☐ wooden spoon
- ☐ chopsticks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Mix the brownie mix, water, vegetable oil, and eggs together in a mixing bowl until smooth, and pour the batter into the prepared baking dish.
- ☐ Bake in the preheated oven until a toothpick inserted into the middle of the brownies shows moist crumbs, 25 to 30 minutes. Set the brownies aside, and cool completely. Use a chopstick or the end of a wooden spoon to poke holes all over the brownies, about 1/2-inch apart; drizzle the coffee liqueur all over the brownies.
- ☐ Let the brownies stand 5 minutes to soak up the liqueur.
- ☐ In a bowl, whisk the chocolate pudding mix with cold milk until thickened, about 2 minutes; allow to stand 5 more minutes to set.
- ☐ To assemble dessert, cut the brownies up into small cubes.
- ☐ Layer 1/3 of the brownies into the bottom of a glass trifle bowl, and top with a layer of pudding, then a layer of whipped topping. Repeat twice more, ending with whipped topping. Chill at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:5.1682608438575%

Nutrients (% of daily need)

Calories: 583.93kcal (29.2%), Fat: 20.09g (30.91%), Saturated Fat: 8.66g (54.12%), Carbohydrates: 86.95g (28.98%), Net Carbohydrates: 86.46g (31.44%), Sugar: 64.09g (71.22%), Cholesterol: 49.09mg (16.36%), Sodium: 473.34mg (20.58%), Alcohol: 3.2g (100%), Alcohol %: 1.73% (100%), Protein: 8.36g (16.73%), Iron: 2.39mg (13.25%), Phosphorus: 124.81mg (12.48%), Calcium: 113.26mg (11.33%), Vitamin B2: 0.18mg (10.61%), Vitamin B12: 0.51µg (8.54%), Selenium: 5.9µg (8.43%), Vitamin K: 6.8µg (6.47%), Vitamin D: 0.89µg (5.94%), Potassium: 182.25mg (5.21%), Magnesium: 17.91mg (4.48%), Vitamin B5: 0.4mg (4%), Vitamin E: 0.59mg (3.94%), Vitamin A: 189.69IU (3.79%), Zinc: 0.52mg (3.47%), Vitamin B6: 0.07mg (3.3%), Vitamin B1: 0.05mg (3.23%), Copper: 0.06mg (3.14%), Manganese: 0.06mg (2.81%), Fiber: 0.5g (1.99%), Folate: 6.86µg (1.72%)