



## Chocolate Mousse Brownie Dessert

READY IN



265 min.

SERVINGS



16

CALORIES



228 kcal

DESSERT

### Ingredients

- 16 oz brownie mix
- 1 serving vegetable oil for on brownie mix box
- 0.5 cup cup heavy whipping cream
- 0.8 cup semi chocolate chips
- 2 eggs
- 0.3 cup granulated sugar
- 1 serving cocoa powder unsweetened
- 1 serving whipped cream

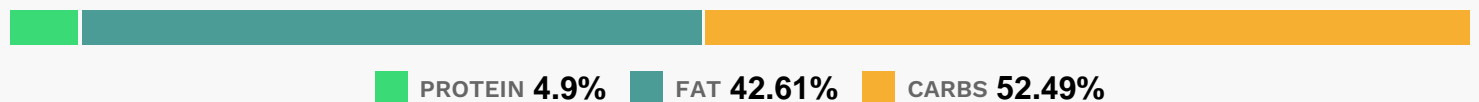
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 9-inch square pan with shortening or cooking spray. Make brownie batter as directed on box.
- Spread in pan.
- In 1-quart saucepan, heat 1/2 cup whipping cream and the chocolate chips over medium-low heat, stirring constantly, until chocolate is melted and mixture is smooth; cool 5 minutes.
- In medium bowl, beat 2 eggs and the sugar with electric mixer on medium speed until foamy, about 1 minute. On low speed, beat in cream-chocolate mixture until blended.
- Pour evenly over batter.
- Bake 30 to 34 minutes, or until topping is set and toothpick inserted in center comes out almost clean. Cool completely on cooling rack, about 2 hours. Refrigerate 1 hour or until chilled.
- Cut into 4 rows by 4 rows.
- Sprinkle cocoa on top and serve with whipped cream. Store loosely covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:7.82, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:2.4047826070177%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 227.9kcal (11.39%), Fat: 10.85g (16.69%), Saturated Fat: 4.67g (29.2%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 29.37g (10.68%), Sugar: 20.55g (22.83%), Cholesterol: 29.66mg (9.89%), Sodium: 93.52mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.4mg (2.47%), Protein: 2.81g (5.61%), Iron: 1.44mg (8.02%), Manganese: 0.12mg (5.8%), Copper: 0.11mg (5.64%), Magnesium: 16.38mg (4.1%), Selenium: 2.65µg (3.79%), Phosphorus: 37.93mg (3.79%), Vitamin A: 145.82IU (2.92%), Fiber: 0.7g (2.79%), Vitamin B2: 0.04mg (2.6%), Vitamin K: 2.48µg (2.36%), Zinc: 0.32mg (2.12%), Potassium: 64.06mg (1.83%), Vitamin E: 0.25mg (1.67%), Vitamin D: 0.23µg (1.54%), Calcium: 13.71mg (1.37%), Vitamin B5: 0.13mg (1.3%), Vitamin B12: 0.08µg (1.29%)