



## Chocolate Mousse Brownie Dessert

READY IN



200 min.

SERVINGS



12

CALORIES



399 kcal

DESSERT

### Ingredients

- 1 box brownie mix (1 lb 6.25 oz)
- 2 eggs
- 3 eggs
- 0.3 cup granulated sugar
- 6 oz semi chocolate chips
- 0.5 cup vegetable oil
- 0.3 cup water
- 12 servings whipped cream
- 0.8 cup whipping cream

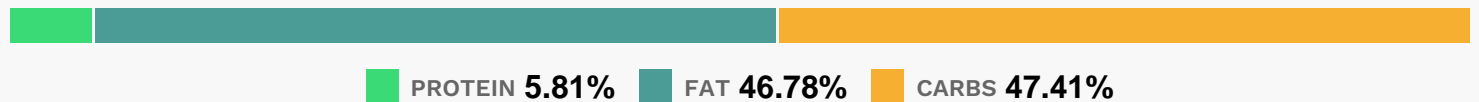
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer

## Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray. In large bowl, stir brownie mix, chocolate syrup, water, oil and 2 eggs until well blended.
- Spread batter in pan.
- In 2-quart saucepan, heat 3/4 cup whipping cream and the chocolate chips over medium heat, stirring constantly, until chocolate is melted and mixture is smooth; cool slightly. In medium bowl, beat 3 eggs and the granulated sugar with electric mixer on medium speed until foamy; stir into cream-chocolate mixture.
- Pour evenly over batter.
- Bake about 44 minutes, or until topping is set. Cool completely, about 2 hours.
- Serve at room temperature, or cover tightly and refrigerate until chilled.
- Serve dessert with whipped cream, if desired. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:10.42, Glycemic Load:4.29, Inflammation Score:-3, Nutrition Score:5.0969565426526%

## Nutrients (% of daily need)

Calories: 399.16kcal (19.96%), Fat: 20.85g (32.08%), Saturated Fat: 9.33g (58.33%), Carbohydrates: 47.55g (15.85%), Net Carbohydrates: 46.41g (16.88%), Sugar: 32.81g (36.46%), Cholesterol: 90.42mg (30.14%), Sodium: 156.35mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 5.83g (11.66%), Iron:

2.43mg (13.51%), Selenium: 7.38µg (10.55%), Copper: 0.19mg (9.68%), Manganese: 0.19mg (9.67%), Phosphorus: 87.12mg (8.71%), Vitamin A: 365.85IU (7.32%), Vitamin B2: 0.12mg (7.27%), Magnesium: 28.9mg (7.22%), Vitamin K: 5.01µg (4.77%), Fiber: 1.13g (4.54%), Zinc: 0.67mg (4.47%), Vitamin D: 0.63µg (4.19%), Vitamin E: 0.6mg (4%), Vitamin B12: 0.23µg (3.83%), Vitamin B5: 0.38mg (3.8%), Potassium: 128.73mg (3.68%), Calcium: 35.14mg (3.51%), Folate: 9.39µg (2.35%), Vitamin B6: 0.04mg (2.18%), Vitamin B1: 0.02mg (1.14%)