



Chocolate Trifle



Vegetarian

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READY IN

ready

60 min.

SERVINGS

servings

25

CALORIES

calories

377 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened 1 stick
- ☐ 8 ounces chocolate chips
- ☐ 6.8 ounce cook-and-serve chocolate pudding mix
- ☐ 25 servings chocolate sauce for drizzling
- ☐ 1 cup coconut or shredded
- ☐ 3 eggs
- ☐ 25 servings mint leaves fresh for garnish
- ☐ 2 cups heavy cream

- ☐ 1 pound brown sugar light
- ☐ 2 cups peanuts plus more for layering chopped
- ☐ 0.5 cup powdered sugar
- ☐ 2 cups self-rising flour
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F. Grease and flour a 13 by 9 by 2-inch pan.
- ☐ In a bowl, beat the eggs and butter together.
- ☐ Add the brown sugar, and then gradually add the flour and mix well. Stir in the vanilla. Fold in the nuts, chocolate chips, and coconut, if using.
- ☐ Spread the batter in the prepared pan and bake for 25 to 30 minutes. Cool.
- ☐ Prepare the pudding according to the package directions.
- ☐ Let cool slightly.
- ☐ Beat the cream with the powdered sugar until stiff.
- ☐ Crumble the brownie into chunks and then layer one-third into a large glass bowl. Spoon half the pudding over the brownies. Spoon half the whipped cream over the pudding and scatter one-third crumbled brownie.
- ☐ Sprinkle with some chopped peanuts, spoon the remaining half pudding and whipped cream, and sprinkle with some more peanuts.
- ☐ Layer the remaining one-third brownie, drizzle with chocolate sauce, and garnish with mint leaves. Refrigerate until serving time.

Nutrition Facts



 **PROTEIN 6.08%**  **FAT 48.65%**  **CARBS 45.27%**

Properties

Glycemic Index:5.65, Glycemic Load:4.83, Inflammation Score:-4, Nutrition Score:6.4830434892489%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 377.33kcal (18.87%), Fat: 20.93g (32.19%), Saturated Fat: 10.47g (65.45%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 41.79g (15.2%), Sugar: 31.59g (35.09%), Cholesterol: 50.93mg (16.98%), Sodium: 164.38mg (7.15%), Alcohol: 0.18g (100%), Alcohol %: 0.24% (100%), Protein: 5.89g (11.77%), Manganese: 0.49mg (24.69%), Selenium: 7.82µg (11.17%), Vitamin B3: 2.06mg (10.28%), Copper: 0.19mg (9.31%), Vitamin A: 464.55IU (9.29%), Folate: 37.14µg (9.28%), Phosphorus: 89.23mg (8.92%), Magnesium: 33.98mg (8.5%), Fiber: 2.02g (8.09%), Vitamin B1: 0.1mg (6.47%), Potassium: 212.35mg (6.07%), Iron: 1.03mg (5.73%), Calcium: 56.41mg (5.64%), Vitamin B2: 0.09mg (5.45%), Vitamin B5: 0.43mg (4.25%), Zinc: 0.56mg (3.73%), Vitamin B6: 0.07mg (3.59%), Vitamin E: 0.42mg (2.77%), Vitamin D: 0.41µg (2.73%), Vitamin B12: 0.09µg (1.43%), Vitamin K: 1.12µg (1.07%)