



Chocolate Trifle

READY IN



535 min.

SERVINGS



12

CALORIES



428 kcal

DESSERT

Ingredients

- 19.8 ounce brownie mix
- 3.9 ounce chocolate pudding instant
- 1.5 ounce bar chocolate candy
- 14 ounce condensed milk sweetened canned
- 0.5 cup water
- 12 ounce non-dairy whipped topping frozen thawed

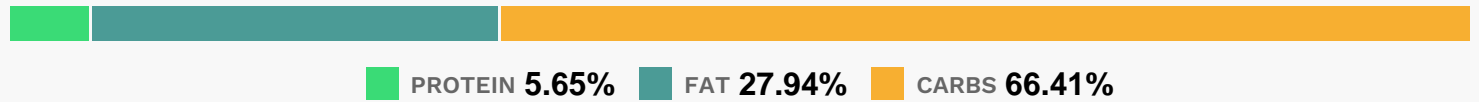
Equipment

- bowl

Directions

- Prepare brownie mix according to package directions and cool completely.
- Cut into 1 inch squares.
- In a large bowl, combine pudding mix, water and sweetened condensed milk.
- Mix until smooth, then fold in 8 ounces whipped topping until no streaks remain.
- In a trifle bowl or glass serving dish, place half of the brownies, half of the pudding mixture and half of the 12 ounce container of whipped topping. Repeat layers. Shave chocolate onto top layer for garnish. Refrigerate 8 hours before serving.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:10.98, Inflammation Score:-1, Nutrition Score:3.8756521758826%

Nutrients (% of daily need)

Calories: 428.26kcal (21.41%), Fat: 13.37g (20.57%), Saturated Fat: 7.05g (44.03%), Carbohydrates: 71.5g (23.83%), Net Carbohydrates: 71.03g (25.83%), Sugar: 55.77g (61.97%), Cholesterol: 11.88mg (3.96%), Sodium: 336.3mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.17%), Calcium: 116.21mg (11.62%), Phosphorus: 114.52mg (11.45%), Vitamin B2: 0.17mg (10.01%), Iron: 1.6mg (8.88%), Selenium: 6.04µg (8.63%), Potassium: 184.46mg (5.27%), Magnesium: 16.78mg (4.19%), Manganese: 0.07mg (3.47%), Vitamin B12: 0.2µg (3.37%), Zinc: 0.44mg (2.91%), Copper: 0.06mg (2.81%), Vitamin B5: 0.26mg (2.59%), Vitamin B1: 0.04mg (2.54%), Vitamin A: 109.29IU (2.19%), Fiber: 0.46g (1.85%), Vitamin E: 0.21mg (1.39%), Vitamin B6: 0.03mg (1.34%), Vitamin K: 1.3µg (1.24%), Folate: 4.98µg (1.24%), Vitamin C: 0.87mg (1.06%)