



## Chocolate Turtle Brownie Sundaes

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



419 kcal

DESSERT

### Ingredients

- ☐ 20.5 ounce fudge brownie mix low-fat ( 2 cups)
- ☐ 0.3 cup caramel topping fat-free
- ☐ 1 large egg white
- ☐ 3 cups whipped cream light divided
- ☐ 3 tablespoons pecans toasted chopped
- ☐ 0.3 cup water

### Equipment

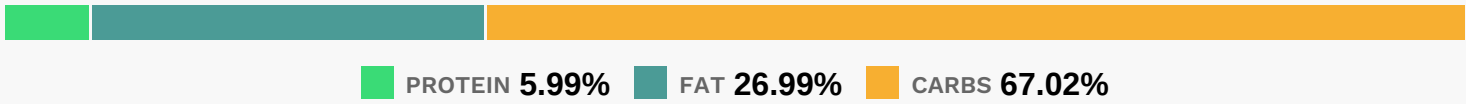
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ microwave

## Directions

- ☐ Preheat oven to 350
- ☐ Combine 2 cups brownie mix, 1/4 cup water, and egg white in a large bowl; stir well with a whisk.
- ☐ Spread batter into an 8-inch square metal baking pan coated with cooking spray.
- ☐ Bake at 350 for 20 minutes. Cool in pan on a wire rack.
- ☐ Cut evenly into 9 servings.
- ☐ Place caramel topping in a small microwave-safe bowl. Microwave at HIGH 30 seconds, stirring after 15 seconds. Cool slightly. Stir in pecans.
- ☐ Top each brownie with 1/3 cup ice cream and about 1 tablespoon caramel-pecan topping.

## Nutrition Facts



## Properties

Glycemic Index:5.11, Glycemic Load:5.34, Inflammation Score:-2, Nutrition Score:3.5256522284902%

## Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 418.99kcal (20.95%), Fat: 12.67g (19.49%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 70.77g (23.59%), Net Carbohydrates: 70.3g (25.56%), Sugar: 48.16g (53.51%), Cholesterol: 13.68mg (4.56%), Sodium: 261.01mg (11.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Iron: 2mg (11.1%), Calcium: 88.46mg (8.85%), Vitamin B2: 0.15mg (8.8%), Manganese: 0.16mg (7.86%), Phosphorus: 65.23mg (6.52%), Vitamin A: 236.39IU (4.73%), Vitamin B12: 0.26µg (4.28%), Potassium: 130.55mg (3.73%), Zinc: 0.52mg (3.48%), Vitamin B1: 0.05mg (3.27%), Magnesium: 12.01mg (3%), Vitamin B5: 0.29mg (2.93%), Selenium: 1.98µg (2.83%), Copper: 0.05mg (2.53%), Fiber: 0.47g (1.89%), Vitamin B6: 0.03mg (1.5%), Folate: 4.09µg (1.02%)