



Cinnamon Brownie Sundaes

 Dairy Free

READY IN



85 min.

SERVINGS



16

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup topping hot
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 gallon whipped cream

Equipment

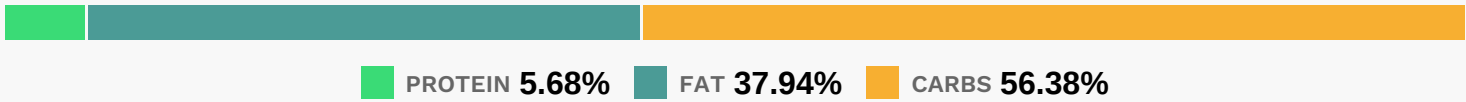
- ☐ frying pan

☐ oven

Directions

- ☐ Grease bottom only of square pan, 9x9x2 inches or 8x8x2 inches, with shortening or cooking spray.
- ☐ Heat oven to 350°F for 9-inch pan, 325°F for 8-inch pan.
- ☐ Make brownie mix as directed on box, using water, oil, eggs and adding 1 teaspoon cinnamon.
- ☐ Spread batter in pan.
- ☐ Bake as directed on box. Cool completely, about 1 hour.
- ☐ Heat hot fudge topping over low heat until warm. Stir in 1/2 teaspoon cinnamon.
- ☐ Serve brownies topped with ice cream and hot fudge topping.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:16.53, Inflammation Score:-3, Nutrition Score:6.1639129960019%

Nutrients (% of daily need)

Calories: 460.14kcal (23.01%), Fat: 19.44g (29.9%), Saturated Fat: 9.75g (60.96%), Carbohydrates: 64.98g (21.66%), Net Carbohydrates: 63.52g (23.1%), Sugar: 47.5g (52.78%), Cholesterol: 52.24mg (17.41%), Sodium: 253.47mg (11.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Vitamin B2: 0.3mg (17.72%), Calcium: 162.61mg (16.26%), Phosphorus: 142.76mg (14.28%), Vitamin A: 498.95IU (9.98%), Potassium: 290.17mg (8.29%), Vitamin B12: 0.47µg (7.88%), Vitamin B5: 0.71mg (7.11%), Iron: 1.26mg (7.03%), Zinc: 0.98mg (6.52%), Magnesium: 25.79mg (6.45%), Vitamin E: 0.93mg (6.2%), Fiber: 1.46g (5.84%), Manganese: 0.11mg (5.64%), Copper: 0.09mg (4.7%), Vitamin B1: 0.05mg (3.67%), Selenium: 2.57µg (3.67%), Vitamin B6: 0.06mg (3.04%), Vitamin K: 2.5µg (2.38%), Folate: 6.69µg (1.67%), Vitamin D: 0.24µg (1.58%)