



Classic Fudgy Brownie Trifle

READY IN



345 min.

SERVINGS



20

CALORIES



223 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 1 tablespoon coffee instant
- 1 box peach pie filling instant (4-serving size)
- 2 cups milk cold
- 8 oz toffee chips
- 8 oz non-dairy whipped topping frozen thawed

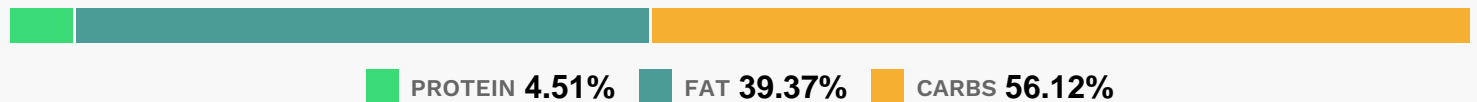
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350°F. Grease bottom only of 13x9-inch pan with shortening or cooking spray.
- Make brownie mix as directed on box, using water, oil and eggs and adding coffee granules.
- Spread batter in pan.
- Bake as directed on box. Cool completely, about 1 hour.
- Cut brownies into 1-inch squares.
- Place half of the squares in bottom of 3-quart glass bowl. Make pudding mix as directed on box for pudding, using milk.
- Pour half of the pudding over brownies in bowl. Top with half each of the toffee bits and whipped topping. Repeat with remaining brownies, pudding, toffee bits and whipped topping.
- Cover; refrigerate at least 4 hours before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:4.18, Inflammation Score:-1, Nutrition Score:1.5686956484519%

Nutrients (% of daily need)

Calories: 223.12kcal (11.16%), Fat: 9.77g (15.03%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 31.32g (11.39%), Sugar: 23.7g (26.34%), Cholesterol: 14.95mg (4.98%), Sodium: 107.32mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.85mg (2.62%), Protein: 2.52g (5.03%), Calcium: 42.27mg (4.23%), Iron: 0.74mg (4.13%), Phosphorus: 37.43mg (3.74%), Vitamin A: 178.57IU (3.57%), Vitamin B2: 0.05mg (3.05%), Vitamin B12: 0.17µg (2.78%), Vitamin K: 2.05µg (1.95%), Potassium: 62.71mg (1.79%), Vitamin D: 0.27µg (1.79%), Vitamin E: 0.23mg (1.55%), Magnesium: 4.99mg (1.25%), Selenium: 0.86µg (1.23%), Vitamin B1: 0.02mg (1.12%), Vitamin B5: 0.11mg (1.06%)