



Classic Fudgy Brownie Trifle

READY IN



345 min.

SERVINGS



20

CALORIES



359 kcal

DESSERT

Ingredients

- 1 box brownie mix (1 lb 2.3 oz)
- 1 box chocolate pudding instant (4-serving size)
- 1 tablespoon coffee instant
- 2 cups milk cold
- 8 oz toffee chips
- 20 servings vegetable oil for on brownie mix box
- 8 oz non-dairy whipped topping frozen thawed

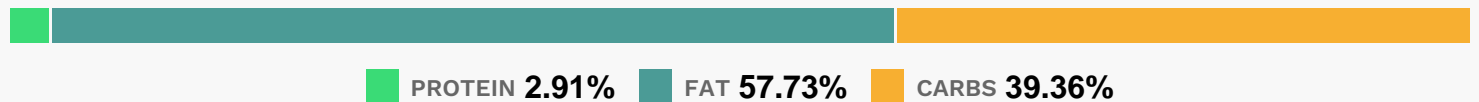
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F. 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:3.1069564986974%

Nutrients (% of daily need)

Calories: 358.79kcal (17.94%), Fat: 23.16g (35.63%), Saturated Fat: 6.91g (43.17%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 35.36g (12.86%), Sugar: 26.95g (29.95%), Cholesterol: 14.95mg (4.98%), Sodium: 175.89mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.19mg (2.73%), Protein: 2.63g (5.25%), Vitamin K: 26.58µg (25.31%), Vitamin E: 1.32mg (8.83%), Iron: 0.81mg (4.48%), Calcium: 42.85mg (4.28%), Phosphorus: 40.88mg (4.09%), Vitamin A: 178.55IU (3.57%), Vitamin B2: 0.05mg (3.2%), Vitamin B12: 0.17µg (2.78%), Potassium: 74.01mg (2.11%), Magnesium: 7.15mg (1.79%), Vitamin D: 0.27µg (1.79%), Selenium: 0.98µg (1.4%), Vitamin B1: 0.02mg (1.16%), Manganese: 0.02mg (1.15%), Vitamin B5: 0.11mg (1.08%), Zinc: 0.16mg (1.04%)