



## Coffee Brownie Trifle

READY IN



75 min.

SERVINGS



15

CALORIES



117 kcal

### Ingredients

- 1 batch baker's one bowl brownies cooled cut into 1/2-inch cubes
- 8 oz philadelphia cream cheese softened
- 3.9 oz jell-o chocolate flavor pudding instant
- 1 cup milk cold
- 1 cup raspberries fresh
- 1 cup strong maxwell house coffee cooled divided brewed (any variety)
- 2 cups cool whip whipped topping thawed

### Equipment

- bowl

whisk

## Directions

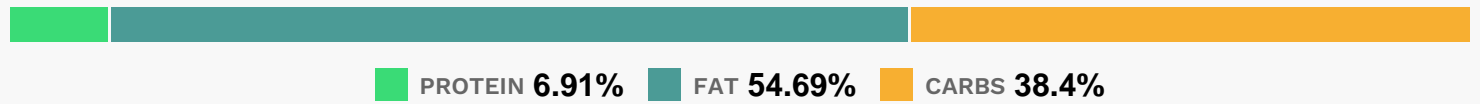
Toss brownie cubes with 1/4 cup coffee.

Beat cream cheese and remaining coffee in large bowl with whisk until well blended. Gradually beat in milk.

Add dry pudding mix; beat 2 min. Stir in COOL WHIP.

Place half the brownies in 3-qt. serving bowl; top with half the pudding mixture. Cover with layers of berries, remaining brownies and remaining pudding mixture. Refrigerate 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:6.07, Glycemic Load:0.63, Inflammation Score:-2, Nutrition Score:2.3747826114945%

## Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 117.43kcal (5.87%), Fat: 7.23g (11.12%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 10.63g (3.87%), Sugar: 9.07g (10.07%), Cholesterol: 17.42mg (5.81%), Sodium: 166.9mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.84mg (2.28%), Protein: 2.05g (4.11%), Vitamin B2: 0.09mg (5.02%), Phosphorus: 48.11mg (4.81%), Vitamin A: 239.45IU (4.79%), Calcium: 44.97mg (4.5%), Manganese: 0.09mg (4.33%), Fiber: 0.79g (3.15%), Selenium: 2.05µg (2.93%), Potassium: 91.68mg (2.62%), Vitamin C: 2.1mg (2.54%), Magnesium: 9.56mg (2.39%), Vitamin B12: 0.14µg (2.35%), Vitamin B5: 0.22mg (2.15%), Copper: 0.04mg (1.87%), Vitamin E: 0.26mg (1.76%), Zinc: 0.23mg (1.57%), Vitamin K: 1.44µg (1.37%), Vitamin B1: 0.02mg (1.34%), Vitamin B6: 0.03mg (1.29%), Vitamin D: 0.18µg (1.19%)