



Cracker Jack Brownie Sundae

READY IN



58 min.

SERVINGS



9

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 1 cup caramel sundae syrup fat-free
- ☐ 1 cup cracker jacks coarsely chopped
- ☐ 1 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 1 ounce flour all-purpose
- ☐ 2.3 cups whipped cream reduced-fat (such as Healthy Choice)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semi chocolate chips

- ☐ 0.5 cup sugar
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

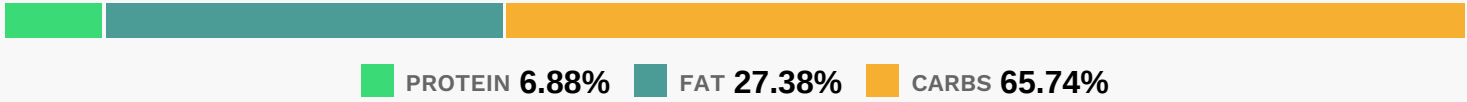
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 375
- ☐ Place first 3 ingredients in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes).
- ☐ Add egg; beat 2 minutes or until pale.
- ☐ Place chocolate chips in a small microwave-safe bowl, and microwave at high in 20-second intervals until completely melted, stirring after each interval.
- ☐ Add chocolate to sugar mixture; beat until combined. Stir in milk.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, unsweetened cocoa, and salt; add to sugar mixture, stirring just until batter is blended.
- ☐ Scrape batter into an 8-inch square baking dish coated with cooking spray.
- ☐ Bake at 375 for 18 minutes or until completely set. Cool to room temperature in pan on a wire rack.
- ☐ Cut brownies into 9 equal portions.

- ☐
- Place one brownie portion on each of 9 small plates; top each brownie with 1/4 cup ice cream and about 1 1/2 tablespoons caramel syrup.
- ☐
- Sprinkle chopped Cracker Jacks evenly over sundaes.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.37, Glycemic Load:13.6, Inflammation Score:-4, Nutrition Score:6.7765217527099%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 283.37kcal (14.17%), Fat: 9.08g (13.96%), Saturated Fat: 4.75g (29.66%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 46.53g (16.92%), Sugar: 36.69g (40.77%), Cholesterol: 38.12mg (12.71%), Sodium: 269.55mg (11.72%), Alcohol: 0.15g (100%), Alcohol %: 0.18% (100%), Caffeine: 15.29mg (5.1%), Protein: 5.13g (10.26%), Manganese: 0.32mg (16.25%), Phosphorus: 137.66mg (13.77%), Copper: 0.27mg (13.4%), Vitamin B2: 0.18mg (10.71%), Magnesium: 42.78mg (10.69%), Calcium: 106.48mg (10.65%), Fiber: 2.52g (10.08%), Iron: 1.6mg (8.89%), Selenium: 5.5µg (7.86%), Potassium: 228.56mg (6.53%), Vitamin A: 316.97IU (6.34%), Zinc: 0.9mg (6.03%), Vitamin B1: 0.09mg (5.73%), Vitamin B12: 0.33µg (5.45%), Folate: 17.72µg (4.43%), Vitamin B5: 0.4mg (4.01%), Vitamin K: 4.21µg (4.01%), Vitamin B3: 0.72mg (3.62%), Vitamin E: 0.46mg (3.05%), Vitamin B6: 0.04mg (2.17%), Vitamin D: 0.22µg (1.49%)