



Cream Cheese Brownie Sundaes

READY IN



45 min.

SERVINGS



12

CALORIES



635 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 12 servings mint chocolate-chip ice cream
- ☐ 12 servings chocolate sauce
- ☐ 8 ounce cream cheese softened
- ☐ 3 large eggs divided
- ☐ 18.3 ounce chocolate cake mix
- ☐ 16 ounce powdered sugar
- ☐ 0.3 cup cocoa unsweetened

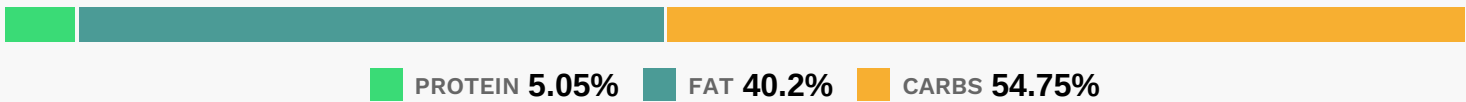
Equipment

- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Beat cake mix, 1 egg, and butter with an electric mixer at medium speed until combined. Press mixture into the bottom of a lightly greased 13- x 9-inch baking dish.
- ☐ Beat cream cheese and sugar with an electric mixer at medium speed until smooth.
- ☐ Add remaining 2 eggs, 1 at a time, beating well after each addition. Gradually add cocoa, beating until blended.
- ☐ Pour mixture evenly over chocolate layer.
- ☐ Bake at 350 for 35 to 40 minutes or until a wooden pick inserted in center comes out clean. Cool.
- ☐ Cut into squares.
- ☐ Serve with mint chocolate-chip ice cream and chocolate sauce.

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:9.19, Inflammation Score:-6, Nutrition Score:10.770434786444%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 635.11kcal (31.76%), Fat: 29.71g (45.7%), Saturated Fat: 11.92g (74.48%), Carbohydrates: 91.04g (30.35%), Net Carbohydrates: 88.3g (32.11%), Sugar: 71.39g (79.32%), Cholesterol: 88.04mg (29.35%), Sodium: 576.86mg (25.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.29mg (4.1%), Protein: 8.39g (16.78%), Phosphorus:

252.68mg (25.27%), Vitamin A: 935.52IU (18.71%), Selenium: 13.05µg (18.64%), Vitamin B2: 0.31mg (18.53%), Copper: 0.37mg (18.53%), Iron: 3.16mg (17.56%), Calcium: 168.71mg (16.87%), Manganese: 0.29mg (14.55%), Magnesium: 55.29mg (13.82%), Folate: 45.77µg (11.44%), Potassium: 392.7mg (11.22%), Fiber: 2.74g (10.95%), Vitamin E: 1.29mg (8.62%), Zinc: 1.16mg (7.72%), Vitamin B1: 0.11mg (7.57%), Vitamin B5: 0.74mg (7.39%), Vitamin B12: 0.35µg (5.9%), Vitamin B3: 0.92mg (4.61%), Vitamin B6: 0.09mg (4.44%), Vitamin D: 0.38µg (2.55%), Vitamin K: 2.36µg (2.24%)