



Death By Chocolate III



Dairy Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



5039 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19.8 ounce brownie mix
- ☐ 4.2 ounce bars chocolate covered toffee english
- ☐ 7.8 ounce chocolate pudding mix instant
- ☐ 16 ounce non-dairy whipped topping frozen thawed

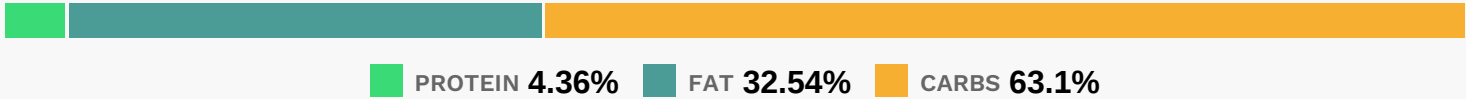
Equipment

- ☐ bowl

Directions

- ☐ Prepare brownies according to package directions.
- ☐ Let cool.
- ☐ Mix pudding according to package directions.
- ☐ In a glass punch bowl, layer in the following order: 1/2 of the brownie, crumbled; 1/2 of the pudding; 1 toffee bar, crushed; 1/2 of the whipped topping.
- ☐ Repeat layers in the same order. Save the last toffee bar to crumble and sprinkle on top before serving.
- ☐ Refrigerate. Best if made the day before you serve it.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:9.59, Inflammation Score:-7, Nutrition Score:38.711304602416%

Nutrients (% of daily need)

Calories: 5039.35kcal (251.97%), Fat: 182.3g (280.46%), Saturated Fat: 96.88g (605.49%), Carbohydrates: 795.58g (265.19%), Net Carbohydrates: 774.65g (281.69%), Sugar: 564.08g (626.76%), Cholesterol: 12.64mg (4.21%), Sodium: 5149.35mg (223.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 110.73mg (36.91%), Protein: 54.91g (109.82%), Iron: 33.25mg (184.71%), Manganese: 3.13mg (156.55%), Copper: 2.93mg (146.54%), Magnesium: 402.73mg (100.68%), Phosphorus: 861.6mg (86.16%), Fiber: 20.94g (83.76%), Potassium: 1831.32mg (52.32%), Calcium: 435.51mg (43.55%), Zinc: 5.77mg (38.44%), Vitamin B2: 0.62mg (36.63%), Selenium: 24.51µg (35.02%), Vitamin K: 26.52µg (25.26%), Vitamin E: 3.13mg (20.84%), Vitamin B12: 1.24µg (20.68%), Vitamin B3: 2.23mg (11.13%), Vitamin B1: 0.15mg (10.22%), Vitamin B6: 0.16mg (8.12%), Vitamin A: 382.09IU (7.64%), Vitamin B5: 0.55mg (5.53%), Folate: 20.24µg (5.06%)