



## Easy Raspberry Brownie Wedges

 Vegetarian

READY IN



10 min.

SERVINGS



12

CALORIES



267 kcal

DESSERT

### Ingredients

- 3 cups raspberries
- 1 box brownie mix dark
- 0.5 cup vegetable oil
- 2 eggs
- 0.5 cup whipping cream (heavy)
- 1 tablespoon sugar

### Equipment

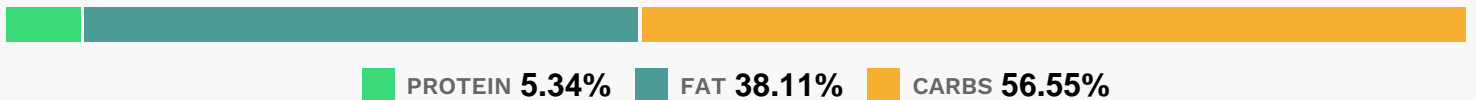
- bowl

- oven
- blender
- toothpicks

## Directions

- Heat oven to 350°. Spray pie plate, 9x1 1/4 inches, with cooking
- spray.
- Mash 1 cup of the raspberries, using fork. Stir mashed
- raspberries, brownie mix, oil and eggs in large bowl until blended. Stir in
- 1/2 cup whole raspberries.
- Spread in pie plate.
- Bake 45 to 50 minutes or until toothpick inserted 2 inches from
- side of pie plate comes out almost clean. Cool completely, at least 1
- hour.
- Beat whipping cream and sugar in chilled small bowl with electric
- mixer on high speed until soft peaks form.
- Serve brownie wedges with
- whipped cream and remaining 1 1/2 cups raspberries.

## Nutrition Facts



## Properties

Glycemic Index:8.01, Glycemic Load:1.12, Inflammation Score:-2, Nutrition Score:3.5152174260305%

## Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg

Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg  
Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate:  
0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg  
Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg,  
Quercetin: 0.31mg, Quercetin: 0.31mg

## **Nutrients (% of daily need)**

Calories: 267.14kcal (13.36%), Fat: 11.43g (17.59%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 38.18g (12.73%),  
Net Carbohydrates: 36.23g (13.17%), Sugar: 23.72g (26.36%), Cholesterol: 38.49mg (12.83%), Sodium: 137.5mg  
(5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Manganese: 0.2mg (10.16%), Vitamin C:  
7.92mg (9.6%), Iron: 1.54mg (8.56%), Fiber: 1.95g (7.8%), Vitamin K: 6.02µg (5.73%), Vitamin A: 195.27IU (3.91%),  
Vitamin E: 0.58mg (3.85%), Vitamin B2: 0.06mg (3.75%), Selenium: 2.61µg (3.74%), Phosphorus: 28.97mg (2.9%),  
Folate: 10.14µg (2.54%), Vitamin B5: 0.24mg (2.36%), Vitamin D: 0.31µg (2.04%), Magnesium: 8.17mg (2.04%),  
Potassium: 64.86mg (1.85%), Calcium: 18.16mg (1.82%), Copper: 0.03mg (1.67%), Zinc: 0.24mg (1.63%), Vitamin B6:  
0.03mg (1.62%), Vitamin B12: 0.08µg (1.35%)