



Frosty Fudgy Brownie Supreme

READY IN



165 min.

SERVINGS



16

CALORIES



254 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 1 teaspoon almond extract
- ☐ 4 cups whipped cream softened
- ☐ 12 oz cherries dark sweet frozen halved
- ☐ 0.3 cup add a hershey's chocolate kiss on top as done

Equipment

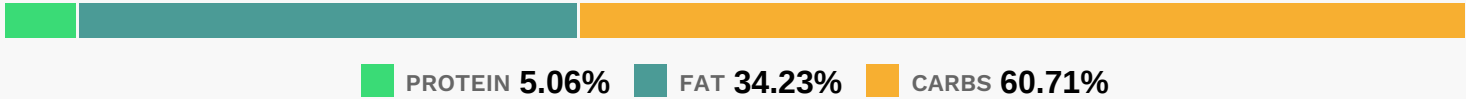
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray bottom of 13x9-inch pan with cooking spray. In large bowl, stir brownie mix, water, oil and eggs until well blended. Stir in almond extract; pour into pan.
- ☐ Bake 24 to 26 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- ☐ In large bowl, mix ice cream and cherries.
- ☐ Place heaping spoonfuls of ice cream mixture over brownies; lightly press with back of spoon to smooth. Freeze at least 1 hour before serving.
- ☐ Let stand at room temperature about 10 minutes before cutting.
- ☐ Drizzle individual servings with syrup.
- ☐ Garnish with a mint leaf and a maraschino cherry, if desired.

Nutrition Facts



Properties

Glycemic Index:5.19, Glycemic Load:5.26, Inflammation Score:-1, Nutrition Score:2.1621739320133%

Flavonoids

Cyanidin: 6.42mg, Cyanidin: 6.42mg, Cyanidin: 6.42mg, Cyanidin: 6.42mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 253.94kcal (12.7%), Fat: 9.79g (15.07%), Saturated Fat: 4.03g (25.17%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 38.28g (13.92%), Sugar: 28.23g (31.36%), Cholesterol: 15.7mg (5.23%), Sodium: 123.54mg (5.37%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 3.26g (6.52%), Iron: 1.05mg (5.82%), Calcium: 54.4mg (5.44%), Vitamin B2: 0.09mg (5.09%), Phosphorus: 39.13mg (3.91%), Potassium: 113.24mg (3.24%), Fiber: 0.8g (3.18%), Vitamin A: 152.54IU (3.05%), Vitamin B5: 0.23mg (2.34%), Vitamin B12: 0.13µg (2.14%), Vitamin K: 2.15µg (2.05%), Vitamin C: 1.69mg (2.04%), Magnesium: 6.99mg (1.75%), Zinc: 0.24mg (1.62%), Vitamin B6: 0.03mg (1.32%), Vitamin B1: 0.02mg (1.29%), Vitamin E: 0.19mg (1.24%), Copper: 0.02mg (1.03%)