



Frozen Cappuccino Brownie Dessert

READY IN



45 min.

SERVINGS



9

CALORIES



312 kcal

DESSERT

Ingredients

- ☐ 13.7 ounce brownie mix fat-free (such as No Pudge!)
- ☐ 2 cups cappuccino-chocolate ice cream low-fat chunk softened (such as Healthy Choice)
- ☐ 0.3 cup chocolate sundae syrup fat-free
- ☐ 6 ounce carton vanilla yogurt fat-free french
- ☐ 1.5 cups non-dairy whipped topping fat-free frozen thawed

Equipment

- ☐ frying pan
- ☐ oven

- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Coat an 8-inch square baking pan with cooking spray.
- ☐ Prepare brownies according to package directions using yogurt. Spoon batter into prepared pan.
- ☐ Bake at 350 for 32 to 36 minutes or until done. Cool in pan 15 minutes on a wire rack.
- ☐ Using a wooden pick, poke holes in top of brownies.
- ☐ Drizzle syrup over brownies. Cool completely.
- ☐ Spread ice cream over brownies. Freeze at least 1 hour or until firm.
- ☐ Spread whipped topping over ice cream. Return to freezer for 15 minutes or until set. If desired, garnish with chocolate-covered espresso beans.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:3.96, Inflammation Score:-1, Nutrition Score:3.5495652012203%

Nutrients (% of daily need)

Calories: 311.61kcal (15.58%), Fat: 9.4g (14.47%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 53.22g (17.74%), Net Carbohydrates: 52.6g (19.13%), Sugar: 37.6g (41.78%), Cholesterol: 12.92mg (4.31%), Sodium: 175.78mg (7.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin B2: 0.18mg (10.38%), Iron: 1.68mg (9.32%), Calcium: 78.96mg (7.9%), Phosphorus: 76.15mg (7.62%), Vitamin B12: 0.37µg (6.17%), Magnesium: 17.95mg (4.49%), Copper: 0.09mg (4.35%), Potassium: 146.6mg (4.19%), Manganese: 0.07mg (3.68%), Selenium: 2.15µg (3.07%), Vitamin A: 152.03IU (3.04%), Zinc: 0.43mg (2.84%), Vitamin B5: 0.27mg (2.68%), Vitamin B1: 0.04mg (2.63%), Fiber: 0.62g (2.47%), Folate: 9.06µg (2.27%), Vitamin B6: 0.04mg (2.03%)