



Frozen Chocolate Bombe

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



382 kcal

SIDE DISH

Ingredients

- 14 ounce chocolate brownies fat-free
- 0.3 cup chocolate frosting reduced-fat
- 3 cups ice-cream chocolate shell fat-free softened
- 1.5 cups raspberry fruit spread

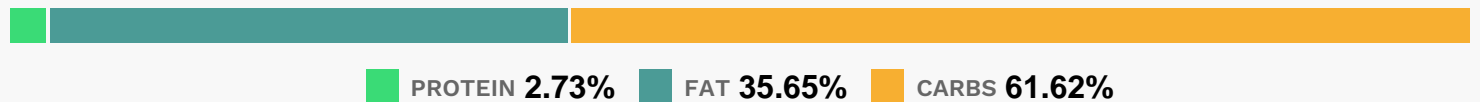
Equipment

- bowl
- plastic wrap
- microwave

Directions

- Chill 1 (14-ounce) packaged brownie for 30 minutes.
- Cut brownie into pieces; pat pieces into a freezer-proof 1 1/2-quart bowl lined with plastic wrap, forming a brownie bowl.
- Stir 2 tablespoons fruit spread into 3 cups softened ice cream. Spoon into prepared brownie crust; cover and freeze 8 hours or until firm.
- Melt 1/3 cup frosting in microwave at HIGH 45 seconds or until thin. Invert ice cream bombe onto a platter; coat with melted frosting. To serve, cut into 12 wedges. Spoon 2 tablespoons melted fruit spread onto each plate; top each serving with a wedge.

Nutrition Facts



Properties

Glycemic Index:12.3, Glycemic Load:28.04, Inflammation Score:-3, Nutrition Score:5.356086930503%

Nutrients (% of daily need)

Calories: 382.04kcal (19.1%), Fat: 16.08g (24.73%), Saturated Fat: 9.24g (57.73%), Carbohydrates: 62.53g (20.84%), Net Carbohydrates: 59.79g (21.74%), Sugar: 49.64g (55.16%), Cholesterol: 11.22mg (3.74%), Sodium: 55.46mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.94mg (7.65%), Protein: 2.77g (5.54%), Copper: 0.29mg (14.47%), Magnesium: 49.96mg (12.49%), Manganese: 0.24mg (12.08%), Fiber: 2.74g (10.96%), Vitamin B2: 0.18mg (10.4%), Phosphorus: 96.96mg (9.7%), Iron: 1.52mg (8.43%), Potassium: 223.12mg (6.37%), Calcium: 52.91mg (5.29%), Zinc: 0.73mg (4.87%), Vitamin C: 3.97mg (4.81%), Selenium: 2.65µg (3.79%), Vitamin A: 137.34IU (2.75%), Folate: 11.01µg (2.75%), Vitamin E: 0.33mg (2.23%), Vitamin B5: 0.22mg (2.17%), Vitamin K: 2.18µg (2.08%), Vitamin B6: 0.04mg (2.06%), Vitamin B1: 0.03mg (1.87%), Vitamin B12: 0.1µg (1.59%), Vitamin B3: 0.32mg (1.59%)