



Frozen Chocolate Brownie Pie

READY IN



45 min.

SERVINGS



12

CALORIES



360 kcal

DESSERT

Ingredients

- ☐ 0.7 cup firmly brown sugar packed
- ☐ 0.3 cup buttermilk
- ☐ 12 tablespoons chocolate syrup
- ☐ 0.3 cup cocoa
- ☐ 0.5 cup egg substitute
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup butter
- ☐ 0.5 gallon vanilla nonfat yogurt frozen softened
- ☐ 1 quart chocolate nonfat yogurt frozen softened

- ☐ 0.3 teaspoon salt
- ☐ 12 servings garnishes: strawberries fresh
- ☐ 1 teaspoon vanilla extract

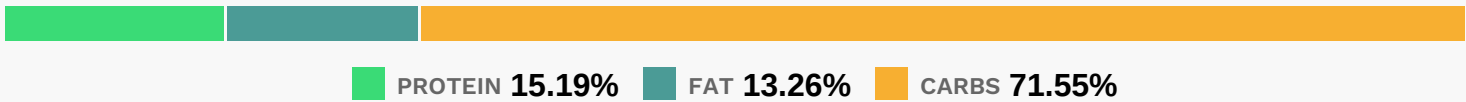
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ springform pan

Directions

- ☐ Melt margarine in a large saucepan over medium-high heat; add brown sugar, stirring with a wire whisk.
- ☐ Remove from heat; cool slightly.
- ☐ Add egg substitute and buttermilk, stirring well.
- ☐ Combine flour, cocoa, and salt; add to buttermilk mixture, stirring until blended. Stir in vanilla.
- ☐ Pour into a 9-inch springform pan lightly coated with cooking spray.
- ☐ Bake at 350 for 15 minutes. Cool completely in pan on a wire rack.
- ☐ Spread half of vanilla yogurt over brownie; spread chocolate yogurt over vanilla yogurt, and top with remaining vanilla yogurt. Cover and freeze 8 hours or overnight.
- ☐ Serve with chocolate syrup; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.83, Glycemic Load:1.51, Inflammation Score:-5, Nutrition Score:12.983913100284%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 359.83kcal (17.99%), Fat: 5.39g (8.3%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 65.46g (21.82%), Net Carbohydrates: 63.9g (23.24%), Sugar: 58.71g (65.24%), Cholesterol: 5.34mg (1.78%), Sodium: 288.9mg (12.56%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Caffeine: 7.55mg (2.52%), Protein: 13.9g (27.79%), Calcium: 428.23mg (42.82%), Phosphorus: 373.3mg (37.33%), Vitamin B2: 0.55mg (32.17%), Selenium: 18.35µg (26.22%), Vitamin B12: 1.29µg (21.43%), Potassium: 643.45mg (18.38%), Magnesium: 69.18mg (17.29%), Zinc: 2.41mg (16.04%), Manganese: 0.27mg (13.39%), Copper: 0.25mg (12.39%), Vitamin B1: 0.14mg (9.35%), Folate: 31.61µg (7.9%), Iron: 1.41mg (7.81%), Vitamin B5: 0.73mg (7.34%), Vitamin B6: 0.13mg (6.55%), Fiber: 1.55g (6.22%), Vitamin A: 224.86IU (4.5%), Vitamin B3: 0.57mg (2.84%), Vitamin E: 0.42mg (2.78%), Vitamin C: 1.91mg (2.32%), Vitamin K: 2.17µg (2.06%), Vitamin D: 0.22µg (1.5%)