



Frozen Chocolate Decadence Brownies



Vegetarian

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READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

217 kcal

DESSERT

Ingredients

- ☐ 2.3 ounce almonds sliced
- ☐ 20.5 ounce brownie mix sweet low-fat such as Betty Crocker Rewards
- ☐ 2 pound cherries in heavy syrup dark canned
- ☐ 1.5 teaspoons coffee granules instant
- ☐ 4 cups ice-cream chocolate shell low-fat softened
- ☐ 0.8 cup raspberry spread seedless such as Polaner All Fruit
- ☐ 0.7 cup water
- ☐ 12 ounce non-dairy whipped topping fat-free frozen thawed

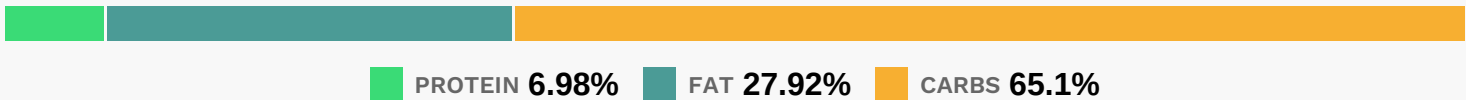
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 350
- ☐ Stir together brownie mix and water.
- ☐ Pour batter into a 13 x 9-inch pan coated with cooking spray.
- ☐ Bake at 350 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean. Toast almonds on rack below brownies during last 5 minutes of baking. Cool brownies and almonds completely on a wire rack.
- ☐ Place raspberry spread in a bowl; stir with a whisk until smooth.
- ☐ Drain cherries, reserving 2 tablespoons juice; set juice aside. Rinse cherries; drain well.
- ☐ Add cherries to raspberry spread, stirring to coat.
- ☐ Spread ice cream over brownies; spoon cherry mixture over ice cream.
- ☐ Combine reserved cherry juice and coffee granules, stirring until coffee dissolves. Fold in whipped topping; spread over cherry mixture.
- ☐ Sprinkle with almonds. Cover and freeze at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:3.29, Glycemic Load:2.56, Inflammation Score:-2, Nutrition Score:3.8026086629733%

Flavonoids

Cyanidin: 13.2mg, Cyanidin: 13.2mg, Cyanidin: 13.2mg, Cyanidin: 13.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 216.66kcal (10.83%), Fat: 6.89g (10.6%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 34.5g (12.55%), Sugar: 25.66g (28.51%), Cholesterol: 9.36mg (3.12%), Sodium: 99.32mg (4.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin B2: 0.16mg (9.69%), Manganese: 0.14mg (6.95%), Calcium: 68.87mg (6.89%), Fiber: 1.63g (6.52%), Iron: 1.12mg (6.24%), Vitamin E: 0.8mg (5.35%), Phosphorus: 52.66mg (5.27%), Potassium: 169.65mg (4.85%), Vitamin C: 3.93mg (4.77%), Magnesium: 18.63mg (4.66%), Copper: 0.08mg (4.17%), Vitamin B12: 0.25µg (4.09%), Vitamin A: 157.93IU (3.16%), Vitamin B1: 0.04mg (2.91%), Vitamin B6: 0.05mg (2.38%), Zinc: 0.28mg (1.86%), Folate: 6.89µg (1.72%), Vitamin B5: 0.16mg (1.62%), Selenium: 1.11µg (1.58%), Vitamin B3: 0.28mg (1.39%), Vitamin K: 1.28µg (1.22%)