



## Frozen Yogurt-Chocolate Bombe

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



298 kcal

DESSERT

### Ingredients

- 20.5 ounce fudge brownie mix low-fat
- 2 tablespoons sundae syrup fat-free caramel-flavored
- 2 cups vanilla yogurt frozen low-fat softened
- 0.3 teaspoon ground cinnamon
- 1 tablespoon espresso grounds instant
- 2 teaspoons cocoa unsweetened
- 0.7 cup water
- 3 cups coffee yogurt frozen low-fat divided softened

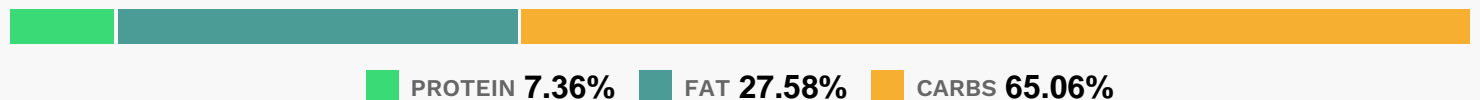
## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- plastic wrap

## Directions

- Combine first 3 ingredients in a large bowl; stir well.
- Spread batter into a 15 x 10-inch jelly-roll pan coated with cooking spray.
- Bake at 350 for 20 minutes; let cool completely in pan on a wire rack.
- Cut brownie into 7 (10 x 2-inch) strips; trim dry edges, if needed.
- Coat a deep, round bottom 2 1/2-quart bowl with cooking spray; line with heavy-duty plastic wrap, allowing wrap to extend over edge of bowl. Arrange brownie strips in bottom and up sides of bowl, trimming strips as needed and pressing edges of strips together (inside surface of bowl should be completely covered). Reserve remaining brownie strips.
- Spoon 1 cup coffee yogurt into the bottom of brownie-lined bowl. Fold caramel syrup into vanilla yogurt, and spoon over coffee yogurt layer, spreading evenly. Top with remaining coffee yogurt, spreading evenly. Cover top layer completely with the reserved brownie strips. Cover the surface with plastic wrap, and freeze for at least 6 hours.
- Uncover and invert bowl onto a serving platter; remove plastic wrap.
- Combine cocoa and cinnamon, and sift over bombe.
- Let stand at room temperature 15 minutes before serving.
- Cut into wedges, using a sharp knife dipped in hot water.

## Nutrition Facts



## Properties

Glycemic Index:2, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:3.222173905243%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 298.25kcal (14.91%), Fat: 9.22g (14.18%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 48.93g (16.31%), Net Carbohydrates: 48.84g (17.76%), Sugar: 34.54g (38.38%), Cholesterol: 8.44mg (2.81%), Sodium: 202.69mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.47mg (4.49%), Protein: 5.54g (11.07%), Calcium: 111.68mg (11.17%), Phosphorus: 92.96mg (9.3%), Iron: 1.51mg (8.38%), Vitamin B2: 0.14mg (8.32%), Vitamin B12: 0.3µg (5.04%), Potassium: 165.24mg (4.72%), Vitamin B5: 0.4mg (3.99%), Magnesium: 13.23mg (3.31%), Selenium: 2.26µg (3.23%), Zinc: 0.48mg (3.18%), Vitamin A: 114.64IU (2.29%), Vitamin B6: 0.04mg (1.96%), Vitamin B1: 0.03mg (1.79%), Folate: 5.85µg (1.46%), Manganese: 0.03mg (1.39%), Copper: 0.02mg (1.21%), Vitamin B3: 0.24mg (1.18%)