



Fudgy Brownie Sundaes

 Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



812 kcal

DESSERT

Ingredients

- 12 servings banana sliced
- 1 box brownie mix (1 lb 6.25 oz)
- 12 servings whipped cream
- 12 servings nuts chopped
- 12 servings basil pesto assorted
- 12 servings vegetable oil for on brownie mix box
- 12 servings whipped cream

Equipment

frying pan

oven

Directions

Heat oven to 350F (325F for dark or nonstick pan). Make brownies as directed on box. Cool completely for easier cutting, about 1 hour.

For 12 brownies, cut into 4 rows by 3 rows. For each serving, place brownie on serving plate; top with remaining ingredients.

Nutrition Facts

 **PROTEIN 5.64%**  **FAT 52.77%**  **CARBS 41.59%**

Properties

Glycemic Index:16.7, Glycemic Load:25.03, Inflammation Score:-7, Nutrition Score:16.359565361686%

Flavonoids

Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 811.61kcal (40.58%), Fat: 49.14g (75.59%), Saturated Fat: 11.73g (73.29%), Carbohydrates: 87.14g (29.05%), Net Carbohydrates: 80.46g (29.26%), Sugar: 51.4g (57.12%), Cholesterol: 34.8mg (11.6%), Sodium: 322.49mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.65%), Manganese: 0.93mg (46.33%), Vitamin B6: 0.59mg (29.27%), Magnesium: 111.42mg (27.86%), Fiber: 6.68g (26.71%), Vitamin K: 26.69µg (25.42%), Copper: 0.5mg (24.89%), Phosphorus: 232.86mg (23.29%), Potassium: 770.34mg (22.01%), Vitamin B2: 0.31mg (18.49%), Iron: 2.78mg (15.47%), Calcium: 141.99mg (14.2%), Vitamin A: 706.5IU (14.13%), Vitamin C: 11.48mg (13.91%), Zinc: 1.81mg (12.04%), Vitamin B5: 1.18mg (11.84%), Vitamin B3: 2.33mg (11.64%), Folate: 43.68µg (10.92%), Vitamin E: 1.51mg (10.05%), Vitamin B1: 0.13mg (8.56%), Vitamin B12: 0.27µg (4.58%), Selenium: 2.53µg (3.62%), Vitamin D: 0.16µg (1.04%)