



Fudgy Brownie Trifle

READY IN



375 min.

SERVINGS



20

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 0.3 cup water
- ☐ 0.7 cup vegetable oil
- ☐ 2 eggs
- ☐ 1 tablespoon coffee instant
- ☐ 1 box peach pie filling instant (4-serving size)
- ☐ 2 cups milk cold
- ☐ 10 oz toffee chips
- ☐ 8 oz non-dairy whipped topping frozen thawed

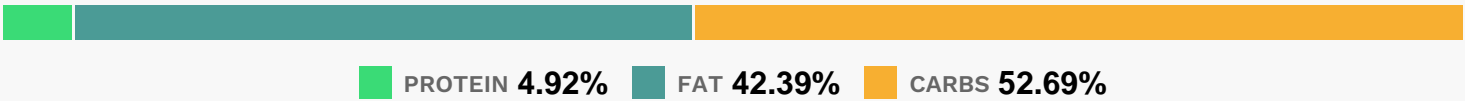
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 13x9-inch pan with shortening or cooking spray. In medium bowl, stir brownie mix, water, oil and eggs until well blended. Stir coffee granules into batter.
- ☐ Spread in pan.
- ☐ Bake 28 to 30 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely, about 1 hour 30 minutes.
- ☐ Cut brownies into 1-inch squares. In bottom of 3-quart glass bowl, place half of the brownie squares. Make pudding mix as directed on box for pudding, using milk.
- ☐ Pour half of the pudding over brownies in bowl. Top with half each of the toffee bits and whipped topping. Repeat with remaining brownies, pudding, toffee bits and whipped topping.
- ☐ Cover; refrigerate at least 4 hours before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:5.11, Inflammation Score:-1, Nutrition Score:2.1160869407265%

Nutrients (% of daily need)

Calories: 251.95kcal (12.6%), Fat: 11.87g (18.26%), Saturated Fat: 5.68g (35.47%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 33.19g (12.07%), Sugar: 25.52g (28.35%), Cholesterol: 34.26mg (11.42%), Sodium: 117.54mg (5.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.85mg (2.62%), Protein: 3.1g (6.2%), Phosphorus: 47.04mg (4.7%), Vitamin A: 234.98IU (4.7%), Calcium: 45.79mg (4.58%), Iron: 0.82mg (4.56%), Vitamin B2: 0.07mg (4.34%), Vitamin B12: 0.21µg (3.49%), Vitamin K: 3.52µg (3.36%), Selenium: 2.23µg (3.19%), Vitamin E: 0.37mg (2.45%), Vitamin D: 0.36µg (2.38%), Potassium: 70.23mg (2.01%), Vitamin B5: 0.18mg (1.78%), Magnesium: 5.66mg

(1.42%), Vitamin B6: 0.03mg (1.3%), Vitamin B1: 0.02mg (1.26%), Zinc: 0.19mg (1.24%)