



## Ganache-Topped Brownie Bites

READY IN



90 min.

SERVINGS



42

CALORIES



94 kcal

DESSERT

### Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 0.7 cup whipping cream
- 6 oz semi chocolate chips
- 1 serving raspberries fresh

### Equipment

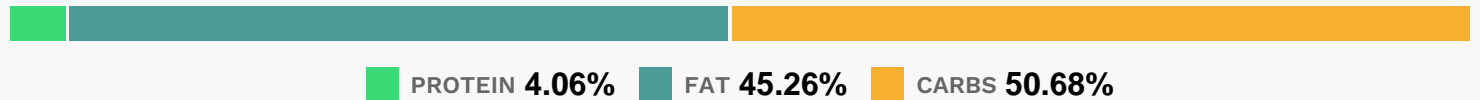
- frying pan
- sauce pan

- oven
- toothpicks
- muffin liners

## Directions

- Heat oven to 350°F.
- Place mini paper baking cup in each of 42 miniature muffin cups. Make brownie batter as directed on box. Fill muffin cups about 3/4 full (about 1 tablespoon each) with batter.
- Bake 18 to 21 minutes or until toothpick inserted in edge of brownie bites comes out clean. Do not overbake. Cool 10 minutes before removing from pan. Cool completely, about 30 minutes. Carefully remove paper liners, if desired.
- In 1-quart saucepan, heat whipping cream over low heat just to boiling.
- Remove from heat; stir in chocolate chips until melted.
- Let stand about 15 minutes or until mixture coats a spoon.
- Spoon about 1 teaspoon chocolate mixture onto each brownie.
- Garnish with fresh raspberries.

## Nutrition Facts



## Properties

Glycemic Index:0.62, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.97391304049803%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 93.53kcal (4.68%), Fat: 4.73g (7.27%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 11.49g (4.18%), Sugar: 7.68g (8.54%), Cholesterol: 4.51mg (1.5%), Sodium: 36.9mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.48mg (1.16%), Protein: 0.96g (1.91%), Iron: 0.61mg (3.39%), Manganese: 0.06mg (3.16%), Copper: 0.05mg (2.61%), Magnesium: 7.71mg (1.93%), Fiber: 0.42g (1.67%), Phosphorus: 13.14mg (1.31%), Vitamin A: 58.03IU (1.16%), Vitamin K: 1.14µg (1.08%)