



## Ganache-Topped Brownie Bites

READY IN



90 min.

SERVINGS



42

CALORIES



245 kcal

DESSERT

### Ingredients

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

### Equipment

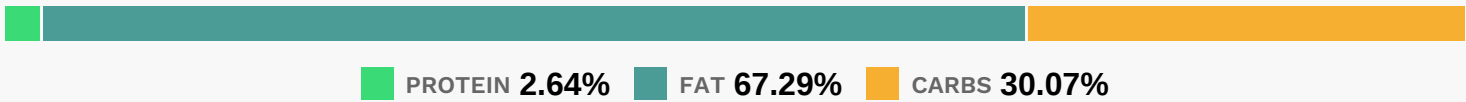
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Heat oven to 350F.
- ☐ 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:0.84, Inflammation Score:-3, Nutrition Score:6.1713044099186%

## Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg

Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 244.8kcal (12.24%), Fat: 18.77g (28.88%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 14.65g (5.33%), Sugar: 10.27g (11.41%), Cholesterol: 4.51mg (1.5%), Sodium: 37.48mg (1.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.48mg (1.16%), Protein: 1.66g (3.32%), Vitamin K: 30.84µg (29.37%), Manganese: 0.46mg (22.78%), Vitamin C: 15.74mg (19.08%), Fiber: 4.22g (16.9%), Vitamin E: 1.73mg (11.51%), Iron: 1.02mg (5.65%), Copper: 0.1mg (5.25%), Magnesium: 20.59mg (5.15%), Potassium: 117.15mg (3.35%), Folate: 12.75µg (3.19%), Phosphorus: 30.12mg (3.01%), Zinc: 0.37mg (2.46%), Vitamin B5: 0.22mg (2.19%), Calcium: 20mg (2%), Vitamin B3: 0.4mg (1.98%), Vitamin B2: 0.03mg (1.88%), Vitamin B6: 0.04mg (1.78%), Vitamin A: 77.36IU (1.55%), Vitamin B1: 0.02mg (1.42%)