



Gluten-Free Brownie and Berries Dessert Pizza

 Vegetarian

READY IN



160 min.

SERVINGS



12

CALORIES



319 kcal

DESSERT

Ingredients

- 16 oz brownie mix gluten free
- 1 serving eggs for on brownie mix box
- 8 oz cream cheese softened
- 0.3 cup sugar
- 0.5 teaspoon vanilla pure
- 2 cups strawberries fresh sliced
- 1 cup blueberries fresh
- 1 cup raspberries fresh

0.5 cup apple jelly

Equipment

bowl

frying pan

oven

pizza pan

hand mixer

toothpicks

Directions

Heat oven to 350°F (or 325°F for dark or nonstick pan). Grease bottom only of 12-inch pizza pan with cooking spray or shortening.

In large bowl, stir brownie mix, butter and eggs until well blended.

Spread in pan.

Bake 18 to 20 minutes or until toothpick inserted 2 inches from side of pan comes out clean or almost clean. Cool completely, about 1 hour.

In small bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until smooth.

Spread mixture evenly over brownie base. Arrange berries over cream cheese mixture. Stir jelly until smooth; brush over berries. Refrigerate about 1 hour or until chilled.

Cut into wedges. Store covered in refrigerator.

Nutrition Facts



PROTEIN 4.78% **FAT 32.37%** **CARBS 62.85%**

Properties

Glycemic Index:21.51, Glycemic Load:10.73, Inflammation Score:-3, Nutrition Score:4.29565222367%

Flavonoids

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Nutrients (% of daily need)

Calories: 319.25kcal (15.96%), Fat: 11.63g (17.89%), Saturated Fat: 4.93g (30.8%), Carbohydrates: 50.8g (16.93%), Net Carbohydrates: 49.22g (17.9%), Sugar: 34.75g (38.61%), Cholesterol: 32.73mg (10.91%), Sodium: 179.99mg (7.83%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 3.86g (7.73%), Vitamin C: 19.17mg (23.24%), Manganese: 0.21mg (10.52%), Iron: 1.42mg (7.9%), Fiber: 1.58g (6.33%), Vitamin A: 286.46IU (5.73%), Vitamin B2: 0.09mg (5.08%), Selenium: 3.2µg (4.57%), Phosphorus: 40.32mg (4.03%), Vitamin K: 4.1µg (3.9%), Folate: 13.58µg (3.4%), Calcium: 30.37mg (3.04%), Vitamin E: 0.44mg (2.97%), Potassium: 102.59mg (2.93%), Vitamin B5: 0.25mg (2.45%), Copper: 0.05mg (2.41%), Magnesium: 8.79mg (2.2%), Vitamin B6: 0.04mg (2.14%), Zinc: 0.25mg (1.64%), Vitamin B1: 0.02mg (1.44%), Vitamin B12: 0.07µg (1.24%), Vitamin B3: 0.23mg (1.15%)