



## Gluten-Free Fudgy Brownie Trifle

READY IN



345 min.

SERVINGS



10

CALORIES



522 kcal

DESSERT

### Ingredients

- 16 oz brownie mix gluten free
- 1 serving eggs for on brownie mix box
- 1 teaspoon coffee instant
- 16 oz chocolate pudding
- 1 cup cool whip frozen thawed
- 1 cup toffee chips

### Equipment

- bowl

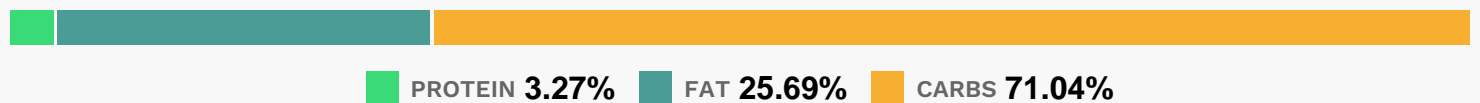
frying pan

oven

## Directions

- Heat oven to 350°F. Grease bottom only of 8-inch square pan with shortening or cooking spray. Make brownie mix as directed on box, using butter and eggs; stir in coffee granules.
- Spread in pan.
- Bake as directed on box. Cool completely, about 1 hour.
- Cut brownies into 1-inch squares. In bottom of 2-quart glass bowl, place half of the brownie squares.
- Pour 2 containers of the pudding over brownies in bowl. Top with half each of the whipped topping and toffee bits. Repeat with remaining brownies, pudding, whipped topping and toffee bits.
- Cover; refrigerate at least 4 hours before serving. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:5.1, Glycemic Load:7.81, Inflammation Score:-2, Nutrition Score:3.640869549921%

## Nutrients (% of daily need)

Calories: 521.8kcal (26.09%), Fat: 14.89g (22.91%), Saturated Fat: 6.78g (42.35%), Carbohydrates: 92.68g (30.89%), Net Carbohydrates: 91.02g (33.1%), Sugar: 69.51g (77.23%), Cholesterol: 42.17mg (14.06%), Sodium: 824.26mg (35.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.32mg (2.11%), Protein: 4.27g (8.53%), Iron: 1.95mg (10.84%), Manganese: 0.17mg (8.49%), Copper: 0.17mg (8.3%), Fiber: 1.66g (6.65%), Vitamin B2: 0.11mg (6.33%), Vitamin A: 309.43IU (6.19%), Magnesium: 22.81mg (5.7%), Phosphorus: 54.34mg (5.43%), Selenium: 2.91µg (4.16%), Potassium: 136.83mg (3.91%), Vitamin B12: 0.18µg (2.94%), Zinc: 0.39mg (2.6%), Calcium: 24.19mg (2.42%), Vitamin E: 0.31mg (2.05%), Vitamin K: 1.38µg (1.31%), Vitamin B1: 0.02mg (1.29%), Folate: 5.18µg (1.29%), Vitamin B6: 0.02mg (1.22%), Vitamin B5: 0.11mg (1.11%)