



Gluten-Free Fudgy Brownie Trifle

 **Gluten Free**  **Dairy Free**

READY IN



345 min.

SERVINGS



10

CALORIES



578 kcal

DESSERT

Ingredients

- 1 box betty brownie mix gluten free
- 16 oz chocolate pudding
- 10 servings eggs for on brownie mix box
- 1 teaspoon coffee instant
- 1 cup toffee chips
- 1 cup non-dairy whipped topping frozen thawed

Equipment

- bowl

frying pan

oven

Directions

Heat oven to 350F. 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.

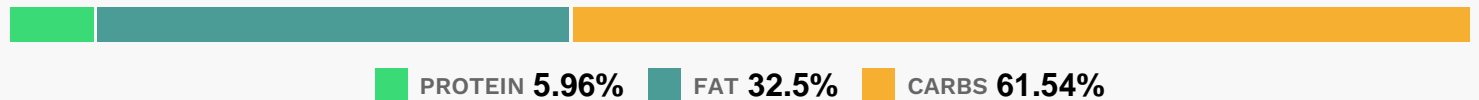
Bake as directed on box. Cool completely, about 1 hour.

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:-3, Nutrition Score:7.3899999727374%

Nutrients (% of daily need)

Calories: 578.16kcal (28.91%), Fat: 21.06g (32.4%), Saturated Fat: 9.89g (61.8%), Carbohydrates: 89.7g (29.9%), Net Carbohydrates: 86.45g (31.44%), Sugar: 68.76g (76.4%), Cholesterol: 188.44mg (62.81%), Sodium: 966.45mg (42.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.32mg (2.11%), Protein: 8.69g (17.39%), Selenium: 15.02µg (21.46%), Vitamin B2: 0.25mg (14.64%), Iron: 2.54mg (14.1%), Phosphorus: 133.2mg (13.32%), Fiber: 3.25g (13%), Vitamin A: 515.7IU (10.31%), Copper: 0.19mg (9.69%), Manganese: 0.18mg (9.05%), Vitamin B12: 0.43µg (7.21%), Vitamin B5: 0.72mg (7.18%), Magnesium: 27.49mg (6.87%), Zinc: 0.89mg (5.9%), Vitamin D: 0.88µg (5.87%), Folate: 22.74µg (5.68%), Potassium: 190.95mg (5.46%), Vitamin E: 0.75mg (5.02%), Calcium: 43.59mg (4.36%), Vitamin B6: 0.08mg (4.2%), Vitamin C: 1.99mg (2.41%), Vitamin B1: 0.03mg (1.7%), Vitamin K: 1.72µg (1.63%)