

Holiday Brownie-Berry Bowl

 Gluten Free

READY IN



180 min.

SERVINGS



1

CALORIES



2113 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 baked 9-inch square brownie layer cooled cut into 1-inch cubes (5-1/2 cups)
- 2 cups ice cubes
- 2 pkg jell-o vanilla flavor pudding instant (4-serving size each)
- 3 cups milk cold
- 2 cups raspberries
- 1 pkg jell-o raspberry flavor gelatin (4-serving size)
- 1 cup water boiling
- 1 cup cool whip whipped topping thawed

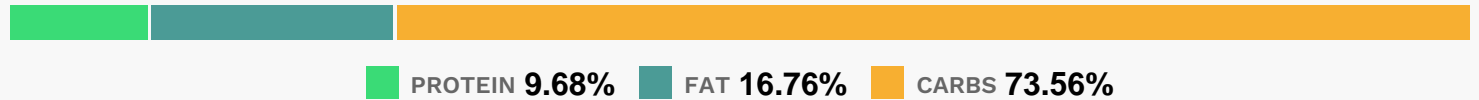
Equipment

- bowl
- whisk

Directions

- Stir boiling water into dry gelatin mix in medium bowl at least 2 min. until completely dissolved.
- Add ice; stir until gelatin is slightly thickened.
- Remove any unmelted ice.
- Place brownie cubes in 2-1/2-qt. serving bowl; cover with gelatin. Refrigerate 45 min. or until gelatin is set but not firm (gelatin should stick to finger when touched).
- Pour milk into separate medium bowl.
- Add dry pudding mixes. Beat with wire whisk 2 min. or until well blended; spoon over ingredients in serving bowl. Top with layers of raspberries and the whipped topping. Refrigerate at least 2 hours or until ready to serve. Store leftover dessert in refrigerator.

Nutrition Facts



Properties

Glycemic Index:106.67, Glycemic Load:35.59, Inflammation Score:-9, Nutrition Score:55.833478347115%

Flavonoids

Cyanidin: 109.85mg, Cyanidin: 109.85mg, Cyanidin: 109.85mg, Cyanidin: 109.85mg Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 2113.19kcal (105.66%), Fat: 40.4g (62.15%), Saturated Fat: 24.17g (151.07%), Carbohydrates: 399.06g (133.02%), Net Carbohydrates: 365.2g (132.8%), Sugar: 288.98g (321.09%), Cholesterol: 111.11mg (37.04%), Sodium: 3272.89mg (142.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.49g (104.97%), Manganese: 2.78mg (139.24%), Fiber: 33.86g (135.43%), Phosphorus: 1323.99mg (132.4%), Calcium: 1211.88mg (121.19%), Vitamin C: 69.1mg (83.76%), Vitamin B2: 1.35mg (79.23%), Potassium: 2541.49mg (72.61%), Vitamin B12: 4.1µg (68.38%), Magnesium: 260.43mg (65.11%), Zinc: 8.74mg (58.28%), Copper: 1.15mg (57.68%), Selenium: 38.23µg (54.61%), Vitamin D: 8.05µg (53.68%), Vitamin B1: 0.67mg (44.61%), Folate: 167.16µg (41.79%), Iron: 7.28mg (40.46%), Vitamin B6: 0.79mg (39.67%), Vitamin B5: 3.84mg (38.43%), Vitamin A: 1320.54IU (26.41%), Vitamin K: 23.32µg (22.21%), Vitamin E: 2.83mg (18.86%), Vitamin B3: 3.68mg (18.39%)