



Hot Fudge Brownie Sundaes

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 4 servings topping warmed
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 2 oz semi chocolate chips chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 4 scoops whipped cream softened

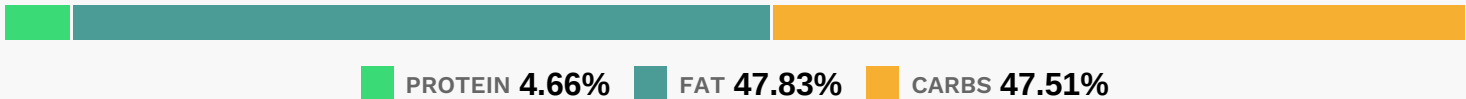
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Combine butter and chocolate in a microwave safe stirring every minute. Stir; cool 10 minutes.
- ☐ Mix together egg, brown sugar, vanilla and salt in a small bowl. Stir into chocolate mixture.
- ☐ Add flour; mix well.
- ☐ Spread batter in an 8"x8" baking pan lined with aluminum foil and sprayed with nonstick vegetable spray.
- ☐ Bake at 350 degrees for 15 minutes or until a toothpick inserted near center comes out clean. Cool completely on a wire rack. Cover; chill until firm.
- ☐ Cut brownies into 8 squares.
- ☐ Spread 4 brownies with ice cream; top with remaining brownies. Wrap in plastic wrap; freeze overnight. To serve, drizzle with warm chocolate sauce.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:13.54, Inflammation Score:-5, Nutrition Score:7.7982608637084%

Nutrients (% of daily need)

Calories: 475.46kcal (23.77%), Fat: 25.41g (39.09%), Saturated Fat: 15.29g (95.58%), Carbohydrates: 56.79g (18.93%), Net Carbohydrates: 54.95g (19.98%), Sugar: 46.42g (51.57%), Cholesterol: 101.32mg (33.77%), Sodium: 317.81mg (13.82%), Alcohol: 0.34g (100%), Alcohol %: 0.3% (100%), Caffeine: 12.26mg (4.09%), Protein: 5.57g (11.14%), Vitamin B2: 0.26mg (15.35%), Phosphorus: 141.91mg (14.19%), Vitamin A: 698.91IU (13.98%), Manganese: 0.27mg (13.67%), Calcium: 127.52mg (12.75%), Selenium: 8.9µg (12.71%), Copper: 0.23mg (11.42%), Magnesium: 40.59mg (10.15%), Iron: 1.72mg (9.58%), Potassium: 279.58mg (7.99%), Fiber: 1.83g (7.34%), Zinc: 1.06mg (7.06%), Vitamin B5: 0.68mg (6.82%), Vitamin B12: 0.41µg (6.76%), Vitamin B1: 0.1mg (6.57%), Folate: 23.51µg (5.88%), Vitamin E: 0.76mg (5.05%), Vitamin B6: 0.07mg (3.54%), Vitamin B3: 0.71mg (3.54%), Vitamin D: 0.35µg (2.35%), Vitamin K: 2.29µg (2.18%)