



Layin' the Chocolate Smack Down

READY IN



50 min.

SERVINGS



15

CALORIES



368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 ounce fudge brownie mix
- 10 chocolate sandwich cookies crushed
- 3 eggs
- 5.9 ounce chocolate pudding mix instant
- 3 cups milk
- 0.5 cup vegetable oil
- 0.3 cup water
- 16 ounce non-dairy whipped topping frozen thawed

Equipment

- bowl
- frying pan
- oven

Directions

- Prepare the fudge brownies according to package directions, using the oil, water and eggs.
- Bake in a 9x13 inch pan. allow to cool.
- When brownies are cool, prepare the pudding; in a large bowl, combine pudding mix and milk. mix until smooth and set aside to thicken.
- Cut the brownies into 3 inch squares. Line the bottom of a large serving bowl unevenly with 1/2 of the brownie squares.
- Pour half of the pudding over the brownies, then cover with half of the whipped topping. Repeat layers.
- Sprinkle top with crumbled cookies.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:4.81956523916%

Nutrients (% of daily need)

Calories: 368.41kcal (18.42%), Fat: 14.13g (21.73%), Saturated Fat: 6.35g (39.7%), Carbohydrates: 54.56g (18.19%), Net Carbohydrates: 53.92g (19.61%), Sugar: 39.09g (43.43%), Cholesterol: 39.2mg (13.07%), Sodium: 353.77mg (15.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.21%), Iron: 2.36mg (13.1%), Phosphorus: 104.56mg (10.46%), Vitamin B2: 0.16mg (9.41%), Calcium: 89.56mg (8.96%), Selenium: 5.05µg (7.21%), Vitamin B12: 0.4µg (6.71%), Vitamin K: 6.17µg (5.88%), Manganese: 0.1mg (4.98%), Vitamin D: 0.71µg (4.75%), Potassium: 160.92mg (4.6%), Magnesium: 17.85mg (4.46%), Vitamin E: 0.59mg (3.95%), Copper: 0.08mg (3.83%), Vitamin B1: 0.05mg (3.58%), Vitamin B5: 0.34mg (3.44%), Zinc: 0.47mg (3.15%), Vitamin A: 149.11IU (2.98%), Vitamin B6: 0.05mg (2.7%), Folate: 10.26µg (2.56%), Fiber: 0.63g (2.53%), Vitamin B3: 0.32mg (1.61%)