



Maple Cream Brownie Dessert

READY IN



105 min.

SERVINGS



12

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 1 teaspoon peppermint flavoring
- ☐ 7 ounces chocolate bar coarsely chopped
- ☐ 0.3 cup chocolate syrup
- ☐ 2 cups cool whip frozen thawed
- ☐ 2 teaspoons peppermint flavoring

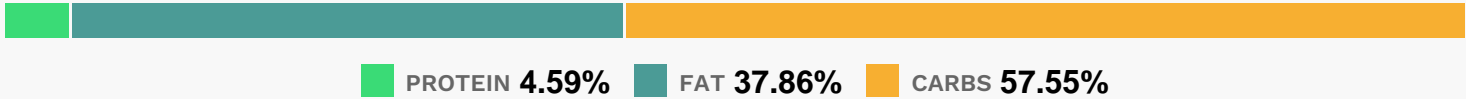
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 13x9-inch pan with shortening or cooking spray. Make brownie mix as directed on box, using water, oil and eggs and adding 1 teaspoon maple flavor.
- ☐ Spread batter in pan.
- ☐ Bake as directed on box. Cool completely in pan on cooling rack, about 1 hour.
- ☐ Meanwhile, mix Maple Cream Frosting ingredients until well blended; refrigerate.
- ☐ Spread frosting over cooled brownies. Cover and refrigerate until serving.
- ☐ Cut dessert into 4 rows by 3 rows.
- ☐ Sprinkle each serving with chopped candy bars; drizzle with syrup. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.92, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:4.8043477517431%

Nutrients (% of daily need)

Calories: 332.69kcal (16.63%), Fat: 14.05g (21.62%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 48.06g (16.02%), Net Carbohydrates: 46.05g (16.74%), Sugar: 30.15g (33.5%), Cholesterol: 2.5mg (0.83%), Sodium: 140.91mg (6.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.6mg (4.53%), Protein: 3.83g (7.67%), Iron: 3.3mg (18.32%), Manganese: 0.35mg (17.3%), Copper: 0.33mg (16.32%), Magnesium: 42.77mg (10.69%), Fiber: 2.02g (8.06%), Phosphorus: 67.5mg (6.75%), Vitamin B2: 0.09mg (5.49%), Zinc: 0.63mg (4.21%), Potassium: 145.74mg (4.16%), Vitamin B12: 0.23µg (3.86%), Vitamin K: 3.42µg (3.26%), Calcium: 26.45mg (2.64%), Selenium: 1.59µg (2.27%), Vitamin B1: 0.02mg (1.65%), Vitamin E: 0.21mg (1.37%), Vitamin B3: 0.24mg (1.2%), Vitamin B6: 0.02mg (1.1%)