



Mocha Cream Brownie Wedges with Fresh Raspberries

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



352 kcal

DESSERT

Ingredients

- 6 tablespoons canola oil
- 0.5 cup chocolate syrup
- 4 large egg whites
- 16 ounce brownie mix gluten-free (such as Betty Crocker)
- 1 cup heavy whipping cream
- 1 tablespoon coffee granules instant
- 2 teaspoons coffee granules instant

- 0.3 cup powdered sugar
- 1.5 cups raspberries
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- oven
- wire rack
- blender
- baking pan

Directions

- Preheat oven to 350
- Beat egg whites with a mixer at high speed for 1 minute or until frothy. Stir in brownie mix, oil, and 1 tablespoon coffee granules. (Batter will be very thick.)
- Spread batter in an 11 x 7 inch glass or ceramic baking dish coated with cooking spray.
- Bake at 350 for 22 minutes or until a wooden pick inserted 2 inches from edge comes out clean. (Center will not look cooked, but will continue to cook as brownies cool.) Cool completely in dish on a wire rack.
- Cut into 6 squares; cut each square diagonally in half to create 12 triangles.
- Place cream, 2 teaspoons coffee granules, and vanilla in a medium bowl; beat with a mixer at high speed until foamy.
- Add powdered sugar; beat until soft peaks form.
- Place 1 brownie on each of 12 dessert plates.
- Drizzle evenly with chocolate syrup. Dollop evenly with topping, and sprinkle evenly with raspberries.

Nutrition Facts



PROTEIN 4.02% **FAT 51.09%** **CARBS 44.89%**

Properties

Glycemic Index:2.17, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:4.0321739471477%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 351.97kcal (17.6%), Fat: 20.49g (31.53%), Saturated Fat: 7.17g (44.8%), Carbohydrates: 40.52g (13.51%), Net Carbohydrates: 37.87g (13.77%), Sugar: 27.54g (30.6%), Cholesterol: 22.41mg (7.47%), Sodium: 215.29mg (9.36%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Caffeine: 19.07mg (6.36%), Protein: 3.63g (7.25%), Fiber: 2.65g (10.6%), Vitamin E: 1.54mg (10.27%), Manganese: 0.16mg (8.01%), Iron: 1.39mg (7.75%), Vitamin C: 5.69mg (6.9%), Vitamin K: 6.87µg (6.54%), Vitamin A: 296.5IU (5.93%), Vitamin B2: 0.1mg (5.8%), Selenium: 3.09µg (4.41%), Copper: 0.08mg (4.17%), Magnesium: 15.95mg (3.99%), Phosphorus: 35.41mg (3.54%), Potassium: 108.37mg (3.1%), Vitamin D: 0.32µg (2.12%), Calcium: 20.23mg (2.02%), Vitamin B3: 0.32mg (1.6%), Zinc: 0.21mg (1.38%), Vitamin B5: 0.12mg (1.23%), Folate: 4.63µg (1.16%)