



Peanut Butter Brownie Trifle

READY IN



45 min.

SERVINGS



12

CALORIES



831 kcal

DESSERT

Ingredients

- ☐ 0.5 cup creamy peanut butter
- ☐ 3 cups milk
- ☐ 1 cup garnish: additional peanut butter candies sliced
- ☐ 2.5 cups peanut butter cup candies divided coarsely chopped
- ☐ 21.4 ounce chocolate-peanut butter brownie mix
- ☐ 2 teaspoons vanilla extract
- ☐ 5.1 ounce vanilla pudding mix instant
- ☐ 1 cup whipping cream divided

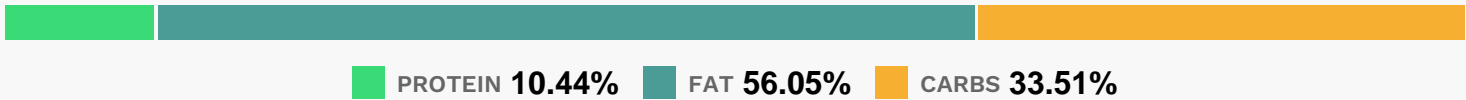
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ hand mixer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Line a 13" x 9" x 2" pan with a large sheet of aluminum foil, allowing foil to extend 2" out of both ends of dish.
- ☐ Prepare brownie mix according to package directions, using packets included in package.
- ☐ Bake according to package directions in prepared pan. Cool completely.
- ☐ Lift foil out of pan. Invert brownies onto a cutting board; remove foil.
- ☐ Cut brownies into 3/4" pieces, using a sharp knife.
- ☐ Combine vanilla pudding mix and milk in a large mixing bowl; beat at low speed of an electric mixer 2 minutes or until thickened.
- ☐ Add peanut butter and vanilla; beat until smooth. Gently fold in half of whipped cream. Set remaining whipped cream aside (about 1 cup).
- ☐ Place half of brownies in bottom of a 3-quart trifle bowl; top with 1 1/4 cups chopped peanut butter cup candies and half of pudding. Repeat layers with remaining half of brownies, 1 1/4 cups peanut butter cup candies, and pudding. Pipe or spoon reserved whipped cream over trifle.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:7.3, Inflammation Score:-7, Nutrition Score:17.536087098977%

Nutrients (% of daily need)

Calories: 831.22kcal (41.56%), Fat: 54.13g (83.28%), Saturated Fat: 16.6g (103.72%), Carbohydrates: 72.83g (24.28%), Net Carbohydrates: 67.39g (24.51%), Sugar: 48.12g (53.47%), Cholesterol: 29.73mg (9.91%), Sodium: 827.48mg (35.98%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 22.68g (45.36%), Manganese: 1.12mg (56.15%), Vitamin B3: 9.61mg (48.04%), Vitamin E: 6.24mg (41.63%), Magnesium: 131.58mg (32.9%), Phosphorus: 324.48mg (32.45%), Fiber: 5.44g (21.77%), Vitamin B6: 0.35mg (17.4%), Copper: 0.34mg (17.05%), Vitamin B2: 0.28mg (16.55%), Folate: 64.88µg (16.22%), Potassium: 533.76mg (15.25%), Zinc: 2.12mg (14.13%), Calcium: 131.21mg (13.12%), Vitamin B5: 1.06mg (10.58%), Iron: 1.88mg (10.42%), Vitamin B1: 0.16mg (10.36%), Vitamin A: 390.37IU (7.81%), Selenium: 4.63µg (6.62%), Vitamin D: 0.99µg (6.59%), Vitamin B12: 0.38µg (6.31%), Vitamin K: 1.94µg (1.84%)