



Raspberry Mousse Brownies

READY IN



225 min.

SERVINGS



24

CALORIES



228 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 0.8 cup semi chocolate chips
- ☐ 0.7 cup whipping cream
- ☐ 2 tablespoons raspberry jam red seedless
- ☐ 16 oz cream cheese frosting
- ☐ 1 serving raspberries fresh

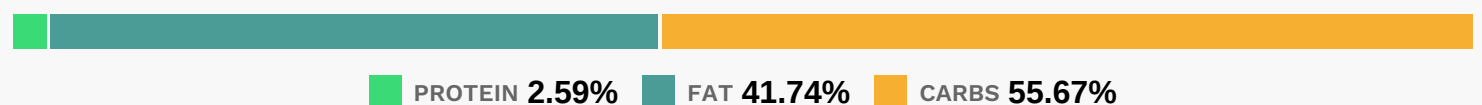
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom of 8-inch square pan with shortening or cooking spray. Make and bake brownies as directed on box. Cool completely on cooling rack, about 1 1/2 hours.
- ☐ In medium microwavable bowl, place 3/4 cup chocolate chips, 2/3 cup whipping cream and raspberry jelly. Microwave uncovered on High 1 to 2 minutes, stirring once every 30 seconds, until chocolate is melted. Stir until mixture is smooth (there may still be a little undissolved jam). Refrigerate about 30 minutes or until slightly thickened.
- ☐ Add frosting to chocolate mixture. Beat with electric mixer on high speed 1 to 2 minutes or until well blended and fluffy.
- ☐ Spread over cooled brownies, smoothing top.
- ☐ In small microwavable bowl, microwave remaining 2 tablespoons chocolate chips and 2 teaspoons whipping cream uncovered on High 20 to 30 seconds, stirring once, until mixture can be stirred smooth.
- ☐ Place into resealable food-storage plastic bag; partially seal bag.
- ☐ Cut small tip from corner of bag; drizzle over frosting. Refrigerate 1 to 2 hours or until set.
- ☐ Cut into 12 squares; cut each square diagonally in half to make triangles.
- ☐ Garnish with raspberries.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.66, Inflammation Score:-1, Nutrition Score:1.5508695510419%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 227.92kcal (11.4%), Fat: 10.7g (16.46%), Saturated Fat: 4.2g (26.26%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 31.47g (11.44%), Sugar: 24.56g (27.29%), Cholesterol: 7.81mg (2.6%), Sodium: 94.19mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 1.49g (2.99%), Iron: 0.95mg (5.27%), Manganese: 0.09mg (4.72%), Copper: 0.08mg (3.93%), Magnesium: 11.36mg (2.84%), Fiber: 0.63g (2.52%), Vitamin A: 100.82IU (2.02%), Phosphorus: 20.07mg (2.01%), Vitamin K: 1.88µg (1.79%), Potassium: 49.85mg (1.42%), Zinc: 0.18mg (1.2%), Selenium: 0.8µg (1.15%), Vitamin E: 0.17mg (1.1%), Vitamin B2: 0.02mg (1.09%), Vitamin C: 0.84mg (1.02%)