



## Spiked Brownie Trifle

 Dairy Free

READY IN



525 min.

SERVINGS



18

CALORIES



281 kcal

DESSERT

## Ingredients

- ☐ 1 box brownie mix (1 lb 2.3 oz)
- ☐ 0.3 cup rum / brandy / coffee liqueur
- ☐ 8.7 oz chocolate bar english
- ☐ 1 box chocolate pudding instant (4-serving size)
- ☐ 12 oz non-dairy whipped topping frozen thawed

## Equipment

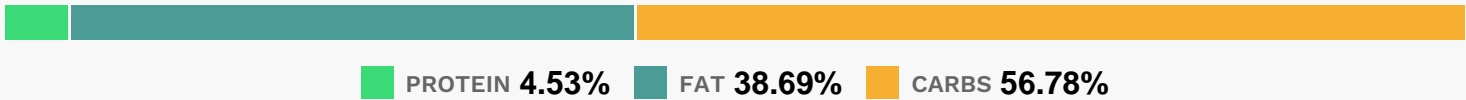
- ☐ bowl
- ☐ frying pan

☐ oven

## Directions

- ☐ Make and bake brownie mix as directed on box for 13x9-inch pan. Poke warm brownies at 1-inch intervals with wooden pick and brush with liqueur.
- ☐ Let cool. Crumble brownies into small pieces. Crush candy bars; reserve 2 tablespoons for topping.
- ☐ Make pudding mix as directed on box, omitting chilling.
- ☐ In 3-quart trifle bowl, place half of crumbled brownies. Top with half each of pudding, candy bars and whipped topping. Repeat layers.
- ☐ Sprinkle with reserved crushed candy. Cover and refrigerate at least 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:1.28, Glycemic Load:1.1, Inflammation Score:-1, Nutrition Score:3.6321739100892%

## Nutrients (% of daily need)

Calories: 280.63kcal (14.03%), Fat: 11.86g (18.24%), Saturated Fat: 6.28g (39.23%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 37.47g (13.63%), Sugar: 26.95g (29.95%), Cholesterol: 0.79mg (0.26%), Sodium: 175.56mg (7.63%), Alcohol: 0.71g (100%), Alcohol %: 1.3% (100%), Caffeine: 11.34mg (3.78%), Protein: 3.12g (6.24%), Manganese: 0.29mg (14.32%), Iron: 2.51mg (13.97%), Copper: 0.26mg (13.14%), Magnesium: 34.96mg (8.74%), Fiber: 1.69g (6.74%), Phosphorus: 60.03mg (6%), Potassium: 129.65mg (3.7%), Zinc: 0.51mg (3.37%), Calcium: 24.06mg (2.41%), Selenium: 1.52µg (2.17%), Vitamin B2: 0.03mg (1.8%), Vitamin K: 1.69µg (1.6%), Vitamin B12: 0.08µg (1.27%), Vitamin E: 0.18mg (1.19%)