



Strawberry Brownie Delight

 Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



387 kcal

DESSERT

Ingredients

- ☐ 19.8 ounce brownie mix
- ☐ 0.5 cup chocolate syrup
- ☐ 10 strawberries fresh sliced
- ☐ 1 cup strawberry preserves
- ☐ 12 ounce non-dairy whipped topping frozen thawed

Equipment

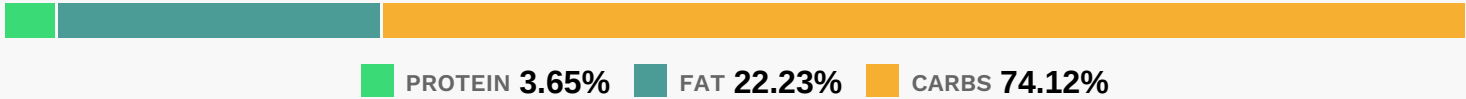
- ☐ baking paper
- ☐ oven

- ☐ knife
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8-inch round cake pans or line them with parchment paper.
- ☐ Prepare the brownie mix according to package directions, and pour batter into two 8-inch round cake pans.
- ☐ Bake as directed. Cool in pans on a cooling rack.
- ☐ Run a knife around the outer edge of the cake pans, and tap out one of the rounds onto a serving plate.
- ☐ Spread half of the strawberry preserves over the top.
- ☐ Place the second brownie round on top, and spread the remaining strawberry jam on it. Frost the top and sides of the cake with whipped topping. Arrange the sliced strawberries on top.
- ☐ Drizzle with chocolate syrup. Chill and enjoy.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:10.79, Inflammation Score:-1, Nutrition Score:2.6517391418633%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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: 2.48mg, Pelargonidin: 2.48mg, Pelargonidin: 2.48mg, Pelargonidin: 2.48mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 386.63kcal (19.33%), Fat: 9.56g (14.72%), Saturated Fat: 4.49g (28.08%), Carbohydrates: 71.74g (23.91%), Net Carbohydrates: 70.91g (25.78%), Sugar: 50.33g (55.92%), Cholesterol: 0.57mg (0.19%), Sodium: 175.17mg (7.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin C: 8.4mg (10.18%), Iron: 1.79mg (9.92%), Copper: 0.1mg (5%), Manganese: 0.1mg (4.88%), Phosphorus: 44.89mg (4.49%), Fiber: 0.84g (3.35%), Vitamin B2: 0.06mg (3.26%), Magnesium: 12.54mg (3.14%), Calcium: 29.14mg (2.91%), Potassium: 93.75mg (2.68%), Selenium: 1.46µg (2.09%), Folate: 6.62µg (1.65%), Vitamin E: 0.21mg (1.38%), Vitamin K: 1.19µg (1.13%)