



Strawberry-Frosted Banana Brownies

 Dairy Free

READY IN



140 min.

SERVINGS



24

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 0.5 cup banana mashed
- ☐ 0.5 cup strawberries fresh thawed ()
- ☐ 3.5 cups powdered sugar
- ☐ 0.5 cup butter softened
- ☐ 0.5 teaspoon vanilla
- ☐ 1 serving strawberries fresh sliced

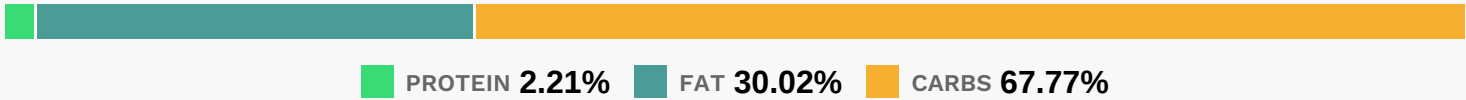
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350° F (325° F for dark or nonstick pan). Grease or spray bottom of 13x9-inch pan.
- ☐ Make brownie batter as directed on box; stir in bananas.
- ☐ Spread into pan.
- ☐ Bake 24 to 26 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely.
- ☐ In food processor, process strawberries until pureed. In medium bowl, beat powdered sugar, strawberries, butter and vanilla with electric mixer on low speed until smooth.
- ☐ Spread over cooled brownies.
- ☐ Garnish with strawberry slices, if desired.

Nutrition Facts



Properties

Glycemic Index:5.62, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:1.1104347990907%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg 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: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.47mg,

Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg 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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 206.85kcal (10.34%), Fat: 7g (10.77%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 35.56g (11.85%), Net Carbohydrates: 35.3g (12.84%), Sugar: 28.49g (31.65%), Cholesterol: 0mg (0%), Sodium: 107.12mg (4.66%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 1.16g (2.31%), Vitamin C: 5.57mg (6.76%), Iron: 0.65mg (3.63%), Vitamin A: 172.24IU (3.44%), Manganese: 0.04mg (2.2%), Vitamin E: 0.22mg (1.49%), Vitamin K: 1.29µg (1.23%), Fiber: 0.26g (1.05%)