



Supreme Brownie Sundaes

 Dairy Free

READY IN



145 min.

SERVINGS



9

CALORIES



401 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 1 serving vegetable oil for on brownie mix box
- 1 pint whipped cream (any flavor)
- 9 tablespoons chocolate syrup

Equipment

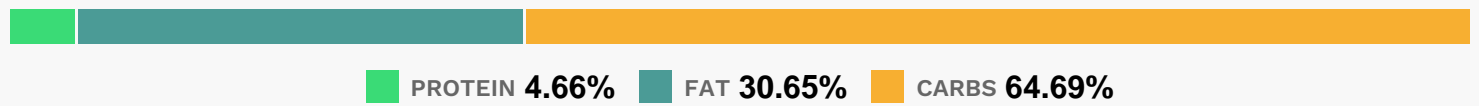
- frying pan
- oven
- wire rack

aluminum foil

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Line 8-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray. Make brownies as directed on box. Cool completely on cooling rack, about 1 1/2 hours. Using foil to lift, remove brownies from pan, and peel foil away.
- Cut into 3 rows by 3 rows.
- Top each brownie with about 1/4 cup ice cream; drizzle with 1 tablespoon chocolate syrup.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:7.34, Inflammation Score:-2, Nutrition Score:3.5926087109939%

Nutrients (% of daily need)

Calories: 400.64kcal (20.03%), Fat: 13.66g (21.02%), Saturated Fat: 5.23g (32.66%), Carbohydrates: 64.89g (21.63%), Net Carbohydrates: 64g (23.27%), Sugar: 46.07g (51.19%), Cholesterol: 23.13mg (7.71%), Sodium: 203.63mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Iron: 1.89mg (10.48%), Phosphorus: 81mg (8.1%), Vitamin B2: 0.14mg (8.01%), Calcium: 70.1mg (7.01%), Copper: 0.11mg (5.72%), Magnesium: 20.36mg (5.09%), Vitamin A: 221.34IU (4.43%), Potassium: 149.42mg (4.27%), Manganese: 0.08mg (4.03%), Fiber: 0.89g (3.55%), Vitamin B12: 0.2µg (3.42%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.31mg (3.08%), Vitamin K: 3.12µg (2.97%), Vitamin E: 0.29mg (1.93%), Selenium: 1.23µg (1.75%), Vitamin B1: 0.02mg (1.56%), Vitamin B6: 0.03mg (1.32%)