



Supreme Brownie Sundaes



Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



455 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix (1 lb 6.25 oz)
- ☐ 0.8 cup chocolate syrup
- ☐ 4 cups whipped cream (any flavor)
- ☐ 12 servings vegetable oil for on brownie mix box

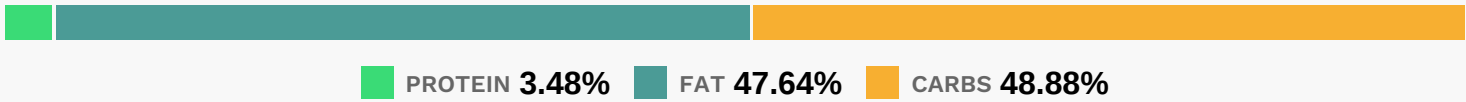
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray. Make brownies as directed on box. Cool at least 30 minutes. For 12 brownies, cut into 4 rows by 3 rows.
- ☐ Top each brownie with 1/3 cup ice cream; drizzle with 1 tablespoon chocolate syrup.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:6.15, Inflammation Score:-2, Nutrition Score:4.3808695492537%

Nutrients (% of daily need)

Calories: 454.58kcal (22.73%), Fat: 24.19g (37.22%), Saturated Fat: 6.33g (39.55%), Carbohydrates: 55.87g (18.62%), Net Carbohydrates: 55.07g (20.03%), Sugar: 39.72g (44.13%), Cholesterol: 19.36mg (6.45%), Sodium: 172.8mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Vitamin K: 25.97µg (24.74%), Iron: 1.63mg (9.07%), Vitamin E: 1.28mg (8.54%), Phosphorus: 70.39mg (7.04%), Vitamin B2: 0.12mg (6.76%), Calcium: 58.94mg (5.89%), Copper: 0.11mg (5.31%), Magnesium: 18.35mg (4.59%), Manganese: 0.08mg (3.76%), Vitamin A: 185.24IU (3.7%), Potassium: 129.56mg (3.7%), Fiber: 0.8g (3.18%), Zinc: 0.44mg (2.94%), Vitamin B12: 0.17µg (2.86%), Vitamin B5: 0.26mg (2.58%), Selenium: 1.05µg (1.51%), Vitamin B1: 0.02mg (1.32%), Vitamin B6: 0.02mg (1.11%)