



Supreme Fruit and Nut Brownie Dessert

 Dairy Free

READY IN



200 min.

SERVINGS



12

CALORIES



465 kcal

DESSERT

Ingredients

- 10 oz maraschino cherries with stems, drained and 1/2 cup juice reserved
- 0.5 cup coconut or shredded
- 1 tablespoon cream of coconut (not cream of coconut)
- 0.5 cup almonds sliced
- 1 box brownie mix dark
- 0.3 cup vegetable oil
- 1 teaspoon almond extract
- 2 eggs

- 1 serving almonds sliced
- 12 oz vanilla frosting
- 2 tablespoons cream of coconut (not cream of coconut)

Equipment

- bowl
- frying pan
- oven
- wire rack

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only or 9-inch square pan with cooking spray or shortening. Set 12 cherries aside for garnish.
- Remove stems and coarsely chop remaining cherries; set aside.
- Place coconut in medium bowl.
- Sprinkle 1 tablespoon coconut milk over coconut; stir gently with fork to mix. Stir in almonds and chopped cherries; set aside.
- In large bowl, stir brownie mix, chocolate syrup pouch, oil, reserved 1/2 cup cherry juice, almond extract and eggs with spoon until blended.
- Spread half of the batter in pan. Spoon coconut mixture evenly over batter. Spoon remaining half of batter over coconut mixture to cover.
- Bake brownies 45 to 49 minutes or until center of brownies spring back when lightly touched with finger. Cool completely on wire rack, about 2 hours.
- Meanwhile, in small bowl, stir all Coconut Icing ingredients until smooth.
- For serving pieces, cut brownies into 3 rows by 4 rows.
- Place on individual dessert plates. Spoon icing over each serving.
- Garnish each with cherry and additional sliced almonds.

Nutrition Facts



■ PROTEIN 3.38% ■ FAT 39.21% ■ CARBS 57.41%

Properties

Glycemic Index:6.08, Glycemic Load:8.33, Inflammation Score:-1, Nutrition Score:4.1269565509713%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 464.93kcal (23.25%), Fat: 20.4g (31.39%), Saturated Fat: 4.96g (31.03%), Carbohydrates: 67.22g (22.41%), Net Carbohydrates: 65.52g (23.82%), Sugar: 51.75g (57.5%), Cholesterol: 27.28mg (9.09%), Sodium: 190.73mg (8.29%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 3.96g (7.92%), Vitamin K: 15.2µg (14.48%), Vitamin E: 2.03mg (13.52%), Vitamin B2: 0.16mg (9.69%), Iron: 1.7mg (9.43%), Manganese: 0.15mg (7.26%), Fiber: 1.7g (6.81%), Copper: 0.09mg (4.71%), Phosphorus: 42.96mg (4.3%), Selenium: 2.82µg (4.03%), Magnesium: 13.79mg (3.45%), Calcium: 28.75mg (2.88%), Zinc: 0.34mg (2.23%), Folate: 8.3µg (2.08%), Potassium: 65.79mg (1.88%), Vitamin B5: 0.17mg (1.69%), Vitamin B3: 0.23mg (1.15%), Vitamin B12: 0.07µg (1.09%), Vitamin B1: 0.02mg (1.07%), Vitamin B6: 0.02mg (1.05%), Vitamin A: 50.27IU (1.01%)