



The Ultimate Brownie Sundae

READY IN



60 min.

SERVINGS



6

CALORIES



533 kcal

DESSERT

Ingredients

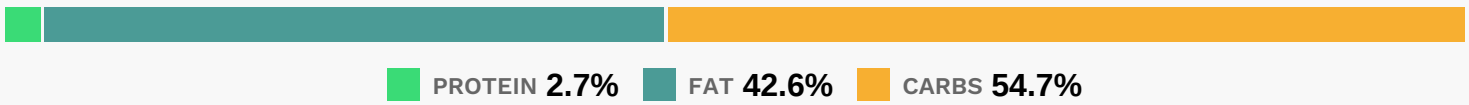
- ☐ 9 inch brownie mix
- ☐ 6 servings topping
- ☐ 6 servings sauce
- ☐ 1 pint chocolate
- ☐ 6 servings roasted cranberry sauce red

Equipment

Directions

Put brownie strips on each of 6 plates and top with small scoops (or curls) of vanilla, chocolate, and coffee ice cream, arranged side by side. Spoon your sauce of choice over each scoop of ice cream.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:18.44, Inflammation Score:-3, Nutrition Score:7.3686957052382%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 532.66kcal (26.63%), Fat: 27.63g (42.5%), Saturated Fat: 15.98g (99.87%), Carbohydrates: 79.81g (26.6%), Net Carbohydrates: 74.67g (27.15%), Sugar: 65.33g (72.59%), Cholesterol: 0.01mg (0%), Sodium: 42.7mg (1.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 52.12mg (17.37%), Protein: 3.94g (7.89%), Copper: 0.47mg (23.72%), Magnesium: 90.99mg (22.75%), Manganese: 0.44mg (21.76%), Fiber: 5.14g (20.54%), Iron: 2.58mg (14.35%), Vitamin B2: 0.2mg (12.05%), Phosphorus: 119.7mg (11.97%), Zinc: 1.21mg (8.08%), Potassium: 251.14mg (7.18%), Vitamin E: 0.88mg (5.88%), Vitamin K: 5.97µg (5.69%), Selenium: 2.51µg (3.59%), Vitamin B3: 0.6mg (3%), Vitamin B6: 0.04mg (2.2%), Calcium: 21.52mg (2.15%), Vitamin B1: 0.03mg (1.77%)