



Traditional Raspberry Mousse Brownies

READY IN



285 min.

SERVINGS



24

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1 container cream cheese frosting
- ☐ 24 servings raspberries fresh
- ☐ 0.3 cup raspberry jelly red
- ☐ 10 oz semi chocolate chips
- ☐ 24 servings vegetable oil for on brownie mix box
- ☐ 1 tablespoon whipping cream
- ☐ 1.3 cups whipping cream

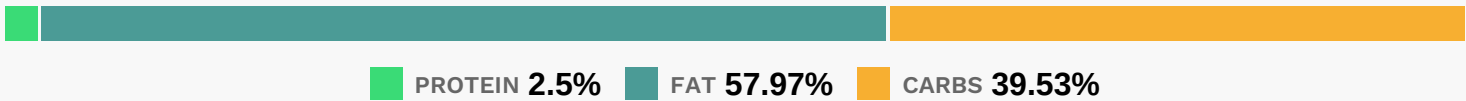
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 350F. Grease bottom only of 13x9-inch pan with cooking spray or shortening (for easier cutting, line pan with foil, then grease foil on bottom only of pan). Make brownies as directed on box for 13x9-inch pan. Cool completely, about 1 hour.
- ☐ Reserve 1/4 cup chocolate chips for drizzle. In large microwavable bowl, place remaining chocolate chips and 1 1/4 cups whipping cream and jelly. Microwave uncovered on High 2 to 3 minutes, stirring once every minute, until chocolate is melted. Stir until mixture is smooth (jelly may not be totally melted). Refrigerate about 30 minutes or until slightly thickened.
- ☐ Add frosting to chocolate mixture. Beat with electric mixer on high speed 1 to 2 minutes or until well blended and soft peaks form.
- ☐ Spread over cooled brownies, smoothing top.
- ☐ In small microwavable bowl, microwave reserved 1/4 cup chocolate chips and 1 tablespoon whipping cream uncovered on High 30 to 45 seconds, stirring once, until mixture can be stirred smooth.
- ☐ Drizzle over frosting mixture. Refrigerate 1 to 2 hours or until set.
- ☐ Cut into 12 squares; cut each square diagonally in half to make triangles.
- ☐ Garnish with raspberries.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:2, Inflammation Score:-4, Nutrition Score:7.8926087177318%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 448.32kcal (22.42%), Fat: 29.45g (45.31%), Saturated Fat: 9.16g (57.23%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 40.31g (14.66%), Sugar: 31.41g (34.9%), Cholesterol: 15.42mg (5.14%), Sodium: 104.39mg (4.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.16mg (3.39%), Protein: 2.86g (5.73%), Vitamin K: 31.69µg (30.18%), Manganese: 0.56mg (28.12%), Fiber: 4.88g (19.52%), Vitamin C: 16.07mg (19.48%), Vitamin E: 1.86mg (12.4%), Copper: 0.21mg (10.49%), Iron: 1.82mg (10.11%), Magnesium: 35.4mg (8.85%), Phosphorus: 56.82mg (5.68%), Potassium: 178.95mg (5.11%), Vitamin A: 217.11IU (4.34%), Zinc: 0.6mg (4.01%), Folate: 13.46µg (3.37%), Vitamin B2: 0.06mg (3.33%), Calcium: 32.11mg (3.21%), Vitamin B5: 0.27mg (2.67%), Selenium: 1.66µg (2.37%), Vitamin B3: 0.47mg (2.35%), Vitamin B6: 0.04mg (2.11%), Vitamin B1: 0.03mg (1.74%), Vitamin D: 0.21µg (1.39%)