

Triple Berry Brownie

READY IN



125 min.

SERVINGS



16

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup powdered sugar
- ☐ 1 teaspoon vanilla
- ☐ 1 cup non-dairy whipped topping frozen thawed
- ☐ 1.3 cups strawberries fresh halved
- ☐ 1 cup blueberries fresh
- ☐ 0.5 cup raspberries fresh

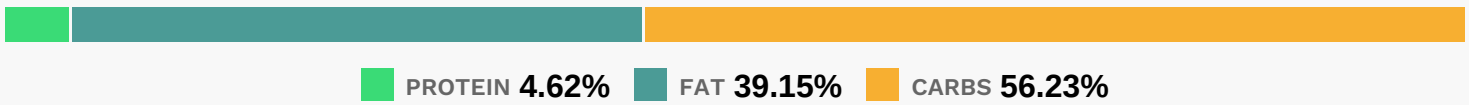
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pizza pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350° F (325° F for dark or nonstick pan). Grease or spray bottom only of 12-inch pizza pan. Make brownies as directed.
- ☐ Spread in pan.
- ☐ Bake 20 to 26 minutes or until toothpick inserted 2 inches from side of pan comes out clean. Cool completely.
- ☐ In medium bowl, beat cream cheese, powdered sugar and vanilla with electric mixer on high speed until smooth and creamy. Fold in whipped topping; spread on brownie. Arrange berries over cream cheese mixture. Refrigerate 1 hour. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:0.98, Inflammation Score:-2, Nutrition Score:2.3630434637484%

Flavonoids

Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg Delphinidin: 3.36mg, Delphinidin: 3.36mg, Delphinidin: 3.36mg, Delphinidin: 3.36mg Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg Pelargonidin: 3.02mg, Pelargonidin: 3.02mg, Pelargonidin: 3.02mg, Pelargonidin: 3.02mg Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-

gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 234.79kcal (11.74%), Fat: 10.31g (15.87%), Saturated Fat: 4.36g (27.27%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 32.62g (11.86%), Sugar: 22.82g (25.36%), Cholesterol: 14.41mg (4.8%), Sodium: 141.31mg (6.14%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 2.74g (5.47%), Vitamin C: 8.94mg (10.83%), Iron: 1.02mg (5.66%), Manganese: 0.1mg (5.24%), Vitamin K: 4.4µg (4.19%), Vitamin A: 201.51IU (4.03%), Fiber: 0.71g (2.82%), Vitamin B2: 0.05mg (2.68%), Phosphorus: 23.73mg (2.37%), Vitamin E: 0.34mg (2.25%), Calcium: 20.56mg (2.06%), Selenium: 1.42µg (2.03%), Potassium: 55.04mg (1.57%), Folate: 5.64µg (1.41%), Vitamin B5: 0.12mg (1.2%), Magnesium: 4.57mg (1.14%), Vitamin B6: 0.02mg (1.07%)