



Triple-Chocolate Brownie Trifle

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



1164 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 1 box peach pie filling instant (6-serving size)
- 16 oz vanilla frosting
- 8 oz non-dairy whipped topping frozen thawed

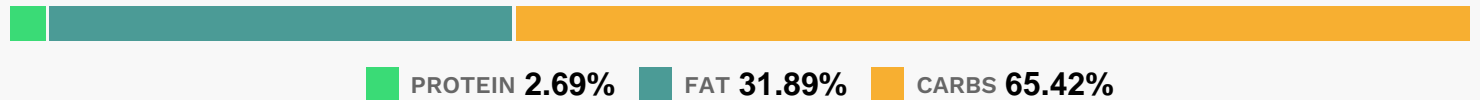
Equipment

- bowl

Directions

- To make trifles, cut brownies into 1/2-inch squares.
- Place layer of brownie squares in bottom of trifle bowl or 4 to 6 deep wine glasses.
- Spread layer of pudding over brownies.
- In medium bowl, stir together frosting and thawed whipped topping until smooth.
- Spread layer of frosting mixture over pudding mixture.
- Repeat with second layer of brownies, pudding and frosting mixture. If desired, garnish with fresh berries and mint sprigs. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:33.11, Inflammation Score:1, Nutrition Score:4.4008695296943%

Nutrients (% of daily need)

Calories: 1163.53kcal (58.18%), Fat: 41.23g (63.42%), Saturated Fat: 13.1g (81.88%), Carbohydrates: 190.28g (63.43%), Net Carbohydrates: 190.27g (69.19%), Sugar: 148.21g (164.68%), Cholesterol: 1.13mg (0.38%), Sodium: 621.89mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.64%), Vitamin B2: 0.39mg (23.15%), Iron: 3.82mg (21.23%), Vitamin K: 16.56µg (15.77%), Vitamin E: 2.02mg (13.46%), Phosphorus: 62.39mg (6.24%), Calcium: 43.67mg (4.37%), Potassium: 95.93mg (2.74%), Folate: 10.77µg (2.69%), Selenium: 1.47µg (2.11%), Vitamin B12: 0.11µg (1.89%), Vitamin B3: 0.31mg (1.53%), Vitamin B1: 0.02mg (1.51%), Magnesium: 5.11mg (1.28%)