



Turtle Brownie Ice Cream Dessert

READY IN



270 min.

SERVINGS



20

CALORIES



188 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 0.5 cup pecans chopped
- 8 cups dulce de leche softened
- 0.5 cup topping hot
- 0.5 cup pecans chopped
- 1 cup cool whip frozen thawed

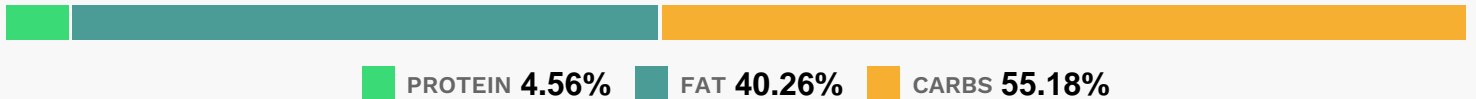
Equipment

- bowl
- frying pan
- oven
- wire rack
- spatula

Directions

- Heat oven to 350°F. Spray bottom of 15x10x1-inch pan with cooking spray. In large bowl, stir brownie mix, water, oil and eggs until well blended. Stir in 1/2 cup pecans; spread in pan.
- Bake 15 to 17 minutes or until center is set. DO NOT OVERBAKE. Cool completely on wire rack, about 45 minutes.
- Spoon ice cream evenly over brownies; smooth with back of spoon or rubber spatula. Freeze uncovered until firm, about 3 hours.
- To serve, drizzle hot fudge topping over dessert with fork using quick strokes.
- Sprinkle with 1/2 cup pecans.
- Let stand at room temperature about 5 minutes before cutting.
- Serve topped with whipped topping.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.1673913345389%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 188.49kcal (9.42%), Fat: 8.57g (13.19%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 25.69g (9.34%), Sugar: 16.11g (17.9%), Cholesterol: 0.68mg (0.23%), Sodium: 103.46mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Manganese: 0.27mg (13.67%), Iron: 0.95mg (5.3%), Copper: 0.09mg (4.63%), Fiber: 0.75g (3%), Vitamin B1: 0.04mg (2.94%), Magnesium: 10.54mg (2.64%), Phosphorus: 25.02mg (2.5%), Vitamin E: 0.34mg (2.25%), Vitamin B2: 0.04mg (2.19%), Zinc: 0.32mg (2.14%), Vitamin K: 1.68µg (1.6%), Potassium: 47.98mg (1.37%), Calcium: 11.59mg (1.16%)