



Upside-Down Brownie Splits

 Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 1 banana firm ripe peeled sliced
- ☐ 2.8 ounce chocolate brownies fat-free
- ☐ 2 cups strawberry yogurt frozen low-fat
- ☐ 0.3 cup syrupn fat-free chocolate-flavored
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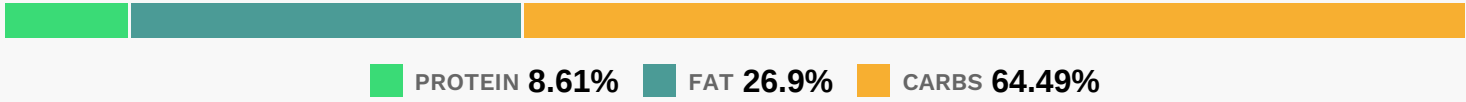
Equipment

- ☐ microwave

Directions

- ☐ Scoop 1/2 cup yogurt into each of 4 individual dessert dishes. Top evenly with sliced banana.
- ☐ Microwave brownies at HIGH 30 seconds or until warm. Crumble brownies evenly over sliced banana. Top each serving with 1 tablespoon chocolate syrup.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.34, Glycemic Load:7.91, Inflammation Score:-1, Nutrition Score:5.3391304456669%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 251.82kcal (12.59%), Fat: 7.99g (12.29%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 40.86g (14.86%), Sugar: 34.88g (38.76%), Cholesterol: 11.02mg (3.67%), Sodium: 70.85mg (3.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.1mg (4.37%), Protein: 5.75g (11.5%), Vitamin B2: 0.29mg (17.04%), Calcium: 138.54mg (13.85%), Phosphorus: 131.21mg (13.12%), Potassium: 379.98mg (10.86%), Vitamin B12: 0.64µg (10.62%), Fiber: 2.23g (8.9%), Manganese: 0.18mg (8.88%), Magnesium: 30.39mg (7.6%), Copper: 0.14mg (6.85%), Vitamin B6: 0.12mg (5.84%), Iron: 0.78mg (4.35%), Vitamin C: 2.57mg (3.11%), Zinc: 0.34mg (2.28%), Vitamin B3: 0.33mg (1.65%), Folate: 6.5µg (1.62%), Vitamin K: 1.4µg (1.33%), Selenium: 0.85µg (1.22%), Vitamin A: 56.85IU (1.14%), Vitamin B5: 0.11mg (1.13%)