

Featured Recipe at

The Nest

in Louisville Hall

Cheesecake Brownies



- Mix no pudge brownies according to directions on box. If making the whole box, use 1 cup of cheesecake filling. If making one brownie, use 1/8 cup.

- For one brownie, microwave for one minute; for the whole pan cook in the oven according to package. Then top with raspberries and serve.

- No-Pudge
- Brownie mix
- Ready-to-eat cheesecake filling
- Raspberries

The Nest convenience store

located in Louisville Hall.

basicpantry

UofL Campus Health Services

UofL Dining Services
by sodexo



Cheesecake Brownie

Nutrition Facts

Serving Size 1 parfait

Serving per Recipe 2

Amount per RECIPE

Calories 400

Calories from Fat 162

% Daily Value

Total Fat 18g

27%

Saturated Fat 12g

60%

Cholesterol 0mg

0%

Sodium 380mg

15%

Total Carbohydrate 66g

22%

Dietary Fiber 0g

0%

Sugars 36g

Protein 6g

12%

Est. Percent Calories From:

Fat

41%

Carbs

66%

Protein

6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Note: If you want, you can mix the raspberries right into the brownie batter!

louisville.edu/healthpromotion

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