



4th of July Brownies

 Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



160 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 12 oz fluffy frosting white
- 1 tube betty writing gel red
- 1 tube betty writing gel blue
- 1 serving sprinkles

Equipment

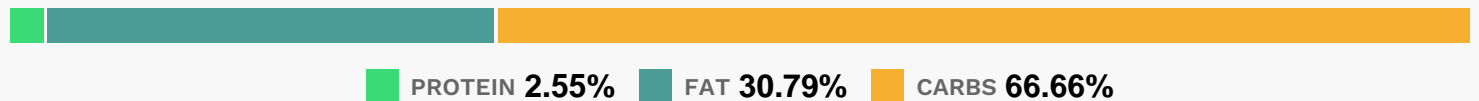
- frying pan

- oven
- aluminum foil
- cookie cutter

Directions

- Heat oven to 350°F. Line 13x9-inch pan with foil so foil extends about 2 inches over sides of pan. Spray foil with cooking spray. Make and bake brownies as directed on box. Cool completely, about 1 hour.
- Remove brownies from pan by lifting foil; peel foil from sides of brownies. Continue as desired with options below.
- Flag Brownies: Frost brownies. Using red writing gel, pipe stripes onto frosted brownie.
- Add stars in upper left corner of brownie. 24 brownies
- Firecracker Brownies: Using 1-inch round cookie cutter, cut out brownie rounds. Stack 2 brownie rounds together, spreading frosting between rounds and on top. Decorate as desired. 48 brownies
- Star Brownies: Using 2 1/2-inch star-shaped cookie cutter, cut brownies.
- Place frosting in resealable food-storage bag; cut off one bottom corner of bag. Pipe frosting on star-shaped brownies.
- Sprinkle with stars. 13 brownies

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:4.14, Inflammation Score:1, Nutrition Score:0.50782608645766%

Nutrients (% of daily need)

Calories: 159.88kcal (7.99%), Fat: 5.47g (8.42%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 26.66g (9.69%), Sugar: 19.86g (22.07%), Cholesterol: 0mg (0%), Sodium: 88.13mg (3.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Iron: 0.62mg (3.44%), Vitamin K: 2.92µg (2.78%), Vitamin B2: 0.04mg (2.52%), Vitamin E: 0.26mg (1.76%)