



Almond Joy Brownies

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 12 snack-size almond joy bars
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 8 tablespoons butter unsalted cut into pieces (1 stick)
- ☐ 2 ounces chocolate unsweetened chopped

☐ 1 teaspoon vanilla extract

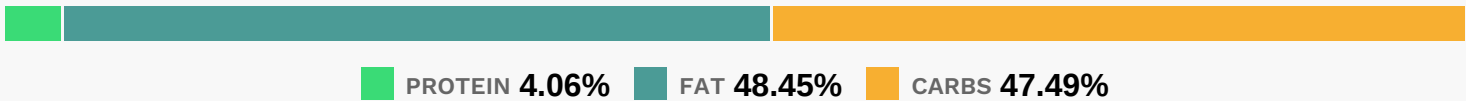
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F. Line an 8-inch baking pan with foil so it overhangs 2 sides by 1 inch. In a bowl, mix flour, baking powder and salt.
- ☐ Melt butter and chocolate in a bowl set over a pan of simmering water, stirring occasionally.
- ☐ Remove bowl from heat; let cool slightly.
- ☐ In a separate bowl, whisk sugar and eggs. Stir in chocolate mixture and vanilla, then flour mixture.
- ☐ Transfer batter to pan. Set Almond Joy bars on top, pressing lightly.
- ☐ Bake until just set, about 35 minutes.
- ☐ Let cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:12.79, Inflammation Score:-2, Nutrition Score:4.1256521719953%

Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg

Nutrients (% of daily need)

Calories: 348.53kcal (17.43%), Fat: 19.54g (30.07%), Saturated Fat: 12.31g (76.95%), Carbohydrates: 43.1g (14.37%), Net Carbohydrates: 40.31g (14.66%), Sugar: 32.76g (36.4%), Cholesterol: 42.45mg (14.15%), Sodium: 121.17mg (5.27%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Caffeine: 3.02mg (1.01%), Protein: 3.69g (7.38%), Fiber: 2.8g (11.19%), Manganese: 0.2mg (10.18%), Iron: 1.6mg (8.87%), Phosphorus: 84.6mg (8.46%), Copper: 0.14mg (6.92%), Selenium: 4.63µg (6.61%), Vitamin A: 239.39IU (4.79%), Calcium: 43.9mg (4.39%), Potassium: 151.35mg (4.32%), Vitamin B2: 0.07mg (4.14%), Folate: 15.85µg (3.96%), Vitamin B1: 0.06mg (3.85%), Magnesium: 14.75mg (3.69%), Zinc: 0.5mg (3.35%), Vitamin B3: 0.43mg (2.15%), Vitamin E: 0.26mg (1.75%), Vitamin D: 0.25µg (1.64%), Vitamin B5: 0.14mg (1.44%), Vitamin B12: 0.07µg (1.2%)