



Almond Macaroon Brownie Bars

READY IN



280 min.

SERVINGS



16

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 1.5 cups coconut flakes flaked
- ☐ 0.5 cup slivered almonds toasted
- ☐ 0.1 teaspoon almond extract
- ☐ 0.7 cup condensed milk sweetened (from 14-oz can) (not evaporated)
- ☐ 0.3 cup semi chocolate chips

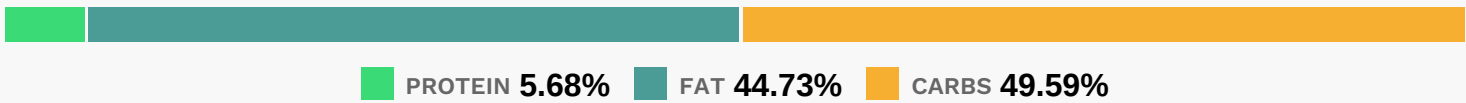
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom of 9-inch square pan with shortening or cooking spray. Make brownie batter as directed on box.
- ☐ Spread in pan.
- ☐ Bake 28 to 31 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean.
- ☐ Meanwhile, in medium bowl, mix filling ingredients.
- ☐ Remove brownies from oven. Carefully spoon and spread filling evenly over brownies.
- ☐ Bake 15 to 18 minutes longer or until light golden brown. Cool completely on cooling rack, about 1 1/2 hours.
- ☐ In small microwavable bowl, microwave chocolate chips on High 30 to 60 seconds, stirring halfway through, until chips can be stirred smooth. Spoon into resealable food-storage plastic bag; partially seal bag.
- ☐ Cut small tip from corner of bag; drizzle over top.
- ☐ Let stand about 2 hours or until set.
- ☐ Cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:4.26, Inflammation Score:-1, Nutrition Score:4.0673913249503%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 262.19kcal (13.11%), Fat: 13.32g (20.49%), Saturated Fat: 6.88g (43%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 31.28g (11.37%), Sugar: 22.77g (25.3%), Cholesterol: 4.5mg (1.5%), Sodium: 102.24mg (4.45%), Alcohol: 0.01g (100%), Alcohol %: 0.02% (100%), Protein: 3.81g (7.61%), Manganese: 0.33mg (16.7%), Fiber: 1.95g (7.78%), Iron: 1.39mg (7.71%), Phosphorus: 72.22mg (7.22%), Copper: 0.14mg (6.76%), Vitamin E: 1.01mg (6.72%), Magnesium: 24.55mg (6.14%), Vitamin B2: 0.1mg (5.93%), Selenium: 3.74µg (5.34%), Calcium: 49.11mg (4.91%), Potassium: 131.3mg (3.75%), Zinc: 0.46mg (3.07%), Vitamin B5: 0.18mg (1.84%), Vitamin K: 1.91µg (1.82%), Vitamin B6: 0.04mg (1.8%), Vitamin B1: 0.02mg (1.61%), Vitamin B3: 0.22mg (1.1%), Vitamin B12: 0.06µg (1.02%)