



Almond Macaroon Brownie Bars

READY IN



150 min.

SERVINGS



48

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 box brownie mix (1 lb 6.25 oz)
- ☐ 3 cups coconut flakes flaked
- ☐ 0.5 cup semi chocolate chips
- ☐ 1 cup slivered almonds toasted
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 0.5 teaspoon vegetable oil

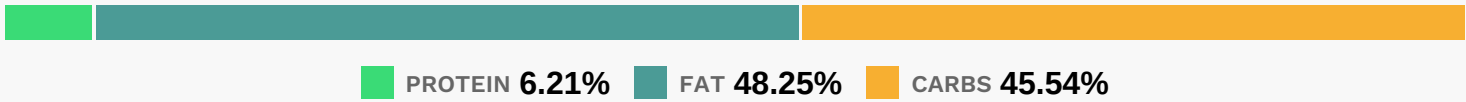
Equipment

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

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray. Make brownie batter as directed on brownie mix box for cakelike brownies.
- ☐ Spread batter in pan.
- ☐ Bake 26 to 30 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean.
- ☐ Meanwhile, in large bowl, mix filling ingredients.
- ☐ Remove brownies from oven. Carefully spoon and spread filling evenly over brownies.
- ☐ Bake 15 minutes longer (filling will not brown). Cool completely, about 1 1/2 hours.
- ☐ In small microwavable bowl, microwave chocolate chips and 1/2 teaspoon oil on High 30 to 40 seconds, stirring every 10 seconds, until chips are melted. Spoon into resealable food-storage plastic bag; seal bag.
- ☐ Cut small tip from corner of bag; drizzle chocolate over filling. For bars, cut 8 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:2.76, Inflammation Score:-1, Nutrition Score:2.5856521952411%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg 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: 132.82kcal (6.64%), Fat: 7.32g (11.26%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 14.25g (5.18%), Sugar: 10.95g (12.16%), Cholesterol: 2.92mg (0.97%), Sodium: 43.7mg (1.9%), Alcohol: 0.01g (100%), Alcohol %: 0.03% (100%), Protein: 2.12g (4.24%), Manganese: 0.22mg (11.13%), Fiber: 1.3g (5.19%), Phosphorus: 47.56mg (4.76%), Copper: 0.09mg (4.51%), Vitamin E: 0.63mg (4.18%), Magnesium: 16.31mg (4.08%), Vitamin B2: 0.07mg (3.9%), Iron: 0.69mg (3.85%), Selenium: 2.46µg (3.51%), Calcium: 32.08mg (3.21%), Potassium: 86.68mg (2.48%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.12mg (1.21%), Vitamin B6: 0.02mg (1.19%), Vitamin B1: 0.02mg (1.06%)