



Angel Fluff Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 3.3 ounce chocolate pudding mix instant
- ☐ 0.7 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 0.3 cup whipping cream

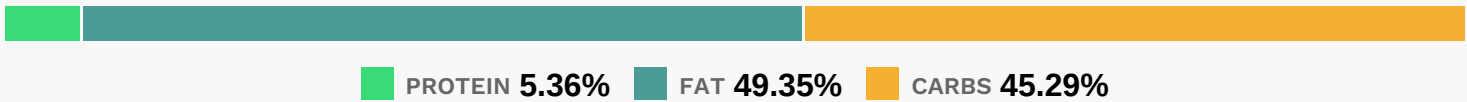
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Stir together first 8 ingredients until blended. Spoon into a lightly greased 8- or 9-inch square pan.
- ☐ Bake at 350 for 25 minutes or until edges pull away from pan. Cool in pan on a wire rack.
- ☐ Sprinkle with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:10.32, Glycemic Load:8.03, Inflammation Score:-2, Nutrition Score:2.5786956616718%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 148.62kcal (7.43%), Fat: 8.3g (12.78%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 16.59g (6.03%), Sugar: 12.55g (13.95%), Cholesterol: 27.45mg (9.15%), Sodium: 138.29mg (6.01%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Protein: 2.03g (4.06%), Manganese: 0.18mg (8.78%), Selenium: 3.73µg (5.33%), Vitamin A: 258.31IU (5.17%), Copper: 0.09mg (4.51%), Vitamin B2: 0.07mg (3.95%), Phosphorus: 36.71mg (3.67%), Folate: 14.04µg (3.51%), Vitamin B1: 0.05mg (3.16%), Iron: 0.48mg (2.67%), Magnesium: 10.45mg (2.61%), Fiber: 0.56g (2.24%), Vitamin E: 0.28mg (1.86%), Zinc: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.72%), Vitamin B5: 0.15mg (1.49%), Vitamin B3: 0.29mg (1.47%), Potassium: 48.78mg (1.39%), Calcium: 12.35mg (1.24%), Vitamin D: 0.18µg (1.23%), Vitamin B12: 0.07µg (1.11%)