



BAKER'SÂ® ONE BOWL Spider Web Brownies

 Dairy Free

READY IN



117 min.

SERVINGS



32

CALORIES



170 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter (1-)
- 3 eggs
- 1 cup flour
- 7 oz marshmallow crème jet-puffed
- 1 cup planters pecans coarsely chopped
- 1 square baker's semi-sweet chocolate melted
- 2 cups sugar

- 1 tsp vanilla

Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks
- aluminum foil
- microwave
- cutting board

Directions

- Line 13x9-inch baking pan with foil, with ends of foil extending over sides of pan to form handles. Grease foil.
- Microwave unsweetened chocolate and butter in large microwavable bowl on HIGH 2 minutes or until butter is melted. Stir until chocolate is completely melted.
- Add sugar; mix well. Stir in eggs and vanilla.
- Add flour and nuts; mix well.
- Spread into prepared pan.
- Bake at 350F for 30 to 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Immediately drop marshmallow creme by spoonfuls over hot brownies; spread evenly over top of brownies. Cool in pan. Lift out of pan onto cutting board using foil handles.
- Remove foil.
- Place on serving tray.
- Drizzle melted chocolate over marshmallow creme to create a spider web design.
- Cut into 32 brownies just before serving.

Nutrition Facts



■ PROTEIN 3.91% ■ FAT 45.71% ■ CARBS 50.38%

Properties

Glycemic Index:4.85, Glycemic Load:10.9, Inflammation Score:-3, Nutrition Score:3.2917391367905%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 170.17kcal (8.51%), Fat: 9.17g (14.11%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 21.68g (7.88%), Sugar: 16.81g (18.68%), Cholesterol: 15.4mg (5.13%), Sodium: 57.18mg (2.49%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.59mg (1.2%), Protein: 1.77g (3.53%), Manganese: 0.33mg (16.35%), Copper: 0.17mg (8.61%), Iron: 1.01mg (5.61%), Magnesium: 18.4mg (4.6%), Selenium: 3.14µg (4.49%), Vitamin A: 214.75IU (4.3%), Fiber: 1.06g (4.24%), Vitamin B1: 0.06mg (3.92%), Zinc: 0.59mg (3.91%), Phosphorus: 38.64mg (3.86%), Vitamin B2: 0.05mg (2.98%), Folate: 10.81µg (2.7%), Vitamin E: 0.27mg (1.82%), Potassium: 59.61mg (1.7%), Vitamin B3: 0.33mg (1.64%), Vitamin B5: 0.12mg (1.2%), Calcium: 10.92mg (1.09%)