



Bayou Brownies

READY IN



10 min.

SERVINGS



10

CALORIES



624 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 8 oz cream cheese softened
- 3 large eggs divided
- 1 cup pecans chopped
- 16 oz powdered sugar
- 18.3 oz duncan hines classic decadent cake mix yellow

Equipment

- frying pan

- oven
- wire rack
- hand mixer

Directions

- Combine pecans, butter, 1 egg, and cake mix, stirring until well blended; press in bottom of a lightly greased 13- x 9-inch pan.
- Beat remaining 2 eggs, cream cheese, and powdered sugar at medium speed with an electric mixer until smooth.
- Pour over cake mix layer.
- Bake at 325 for 40 minutes or until set. Cool in pan on a wire rack.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:9.2952173961245%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 624.37kcal (31.22%), Fat: 27.72g (42.65%), Saturated Fat: 12.4g (77.48%), Carbohydrates: 90.79g (30.26%), Net Carbohydrates: 89.12g (32.41%), Sugar: 68.11g (75.67%), Cholesterol: 103.11mg (34.37%), Sodium: 543.05mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.59%), Manganese: 0.6mg (29.89%), Phosphorus: 247.27mg (24.73%), Vitamin B2: 0.27mg (15.7%), Calcium: 150.37mg (15.04%), Vitamin B1: 0.2mg (13.55%), Vitamin A: 675.33IU (13.51%), Selenium: 8.91µg (12.72%), Folate: 47.01µg (11.75%), Copper: 0.19mg (9.31%), Iron: 1.67mg (9.27%), Vitamin E: 1.24mg (8.3%), Vitamin B3: 1.36mg (6.81%), Fiber: 1.67g (6.67%), Vitamin B5: 0.65mg (6.54%), Zinc: 0.96mg (6.37%), Magnesium: 22.43mg (5.61%), Vitamin B6: 0.1mg (5.06%), Vitamin B12: 0.25µg

(4.24%), Potassium: 123.28mg (3.52%), Vitamin K: 3.2µg (3.05%), Vitamin D: 0.3µg (2%)