



## Blond Brownie Mix

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



629 kcal

DESSERT

### Ingredients

- 1.5 cups coconut or flaked
- 1 cup golden raisins
- 16 ounce brown sugar light
- 1.5 cups pecans chopped
- 2 cups self-rising flour

### Equipment

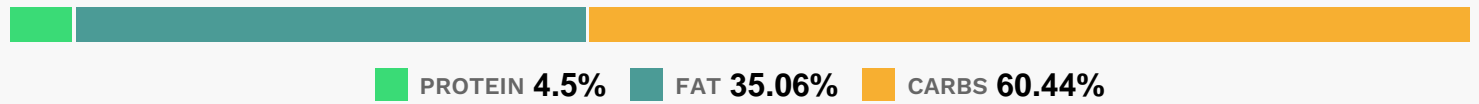
- frying pan
- oven

wire rack

## Directions

- Layer ingredients in order in an airtight 2-quart glass container. Store in a cool, dry place up to 2 months.
- Mix, beating until blended. Spoon into a greased and floured 13- x 9-inch pan.
- Bake at 350 for 20 minutes; reduce temperature to 325, and bake 25 more minutes. Cool in pan on a wire rack.
- Cut into squares. Makes 16 brownies.

## Nutrition Facts



## Properties

Glycemic Index:16.71, Glycemic Load:22.53, Inflammation Score:-3, Nutrition Score:12.031304156651%

## Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 629.42kcal (31.47%), Fat: 25.6g (39.39%), Saturated Fat: 10.49g (65.54%), Carbohydrates: 99.31g (33.1%), Net Carbohydrates: 93.28g (33.92%), Sugar: 67.81g (75.34%), Cholesterol: 0mg (0%), Sodium: 24.57mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.79%), Manganese: 1.7mg (84.84%), Copper: 0.52mg (26.07%), Selenium: 16.94µg (24.2%), Fiber: 6.03g (24.14%), Magnesium: 58.33mg (14.58%), Phosphorus: 142.87mg (14.29%), Potassium: 412.21mg (11.78%), Iron: 2.05mg (11.41%), Vitamin B1: 0.17mg (11.39%), Zinc: 1.59mg (10.58%), Vitamin B6: 0.18mg (9.2%), Calcium: 79.8mg (7.98%), Vitamin B2: 0.1mg (5.64%), Vitamin B5: 0.54mg (5.41%), Vitamin B3: 0.92mg (4.59%), Folate: 17.35µg (4.34%), Vitamin E: 0.5mg (3.35%), Vitamin K: 1.49µg (1.42%), Vitamin C: 1.04mg (1.27%)