



Bourbon Brownie Bites with Dulce de Leche



Vegetarian



Popular

READY IN



75 min.

SERVINGS



36

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 17.8 oz brownie mix chunk
- ☐ 0.3 cup vegetable oil
- ☐ 3 tablespoons bourbon
- ☐ 2 eggs
- ☐ 0.8 cup condensed milk sweetened (caramelized condensed milk, from 13.4 oz can)
- ☐ 1 serving coarse salt (kosher or sea)

Equipment

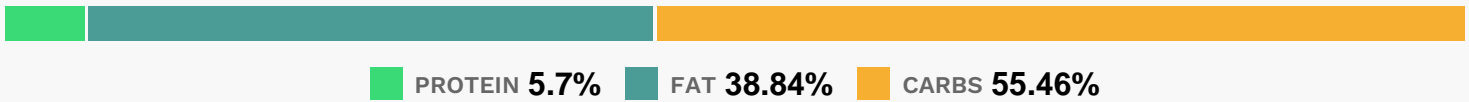
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place mini foil baking cup in each of 36 mini muffin cups. In large bowl, stir together brownie mix, oil, bourbon and eggs until well blended. Fill muffin cups about three-fourths full.
- ☐ Bake 14 to 16 minutes or until toothpick inserted in center of brownie bite comes out almost clean. Cool in pan 10 minutes.
- ☐ Remove brownie bites to cooling rack; cool completely, about 20 minutes.
- ☐ Top each brownie with dollop of dulce de leche; sprinkle with salt. Store loosely covered in a single layer.

Nutrition Facts



Properties

Glycemic Index:2.11, Glycemic Load:2.12, Inflammation Score:-1, Nutrition Score:0.97608695891888%

Nutrients (% of daily need)

Calories: 106.51kcal (5.33%), Fat: 4.5g (6.93%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 14.46g (5.26%), Sugar: 10.43g (11.59%), Cholesterol: 11.26mg (3.75%), Sodium: 57.89mg (2.52%), Alcohol: 0.42g (100%), Alcohol %: 2.03% (100%), Protein: 1.49g (2.97%), Vitamin K: 3.76µg (3.58%), Iron: 0.45mg (2.5%), Selenium: 1.69µg (2.42%), Vitamin B2: 0.04mg (2.22%), Phosphorus: 21.02mg (2.1%), Calcium: 19.48mg (1.95%), Vitamin E: 0.2mg (1.34%)