



Bourbon Street Butterscotch Brownies



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



16

CALORIES



138 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 16 servings butter for greasing pan
- ☐ 1 eggs
- ☐ 0.3 cup nuts chopped
- ☐ 0.8 cup popped popcorn finely
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

☐ 0.3 cup vegetable oil

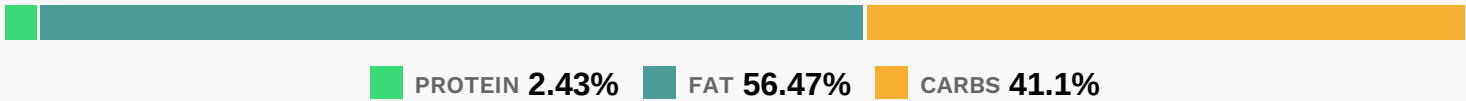
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Butter an 8-inch-square baking pan. Preheat oven to 350 degrees F.
- ☐ In a large bowl, stir together brown sugar, oil, and egg until smooth.
- ☐ Mix in nuts and vanilla. In a small bowl, mix together the ground popcorn, baking powder, and salt.
- ☐ Add popcorn mixture to the batter, stirring well.
- ☐ Spread evenly in the buttered pan.
- ☐ Bake for 20 minutes or until a toothpick inserted into the center comes out clean.
- ☐ Cut into squares while warm.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:1.5760869517436%

Nutrients (% of daily need)

Calories: 138.36kcal (6.92%), Fat: 8.9g (13.7%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 14.31g (5.2%), Sugar: 13.39g (14.87%), Cholesterol: 20.98mg (6.99%), Sodium: 139.41mg (6.06%), Alcohol: 0.09g (100%), Alcohol %: 0.38% (100%), Protein: 0.86g (1.72%), Vitamin K: 6.63µg (6.31%), Calcium: 30.53mg (3.05%), Manganese: 0.06mg (2.98%), Vitamin E: 0.43mg (2.83%), Vitamin A: 141.15IU (2.82%), Phosphorus: 24.32mg (2.43%), Copper: 0.04mg (1.94%), Magnesium: 7.57mg (1.89%), Iron: 0.28mg (1.53%), Selenium: 1.06µg (1.51%), Vitamin B2: 0.02mg (1.14%), Fiber: 0.28g (1.11%), Potassium: 38.85mg (1.11%)