



Brownie Footballs

READY IN



160 min.

SERVINGS



8

CALORIES



557 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie box
- ☐ 2 inches grands flaky refrigerator biscuits football-shaped
- ☐ 16 oz chocolate frosting
- ☐ 4.3 oz chocolate icing white

Equipment

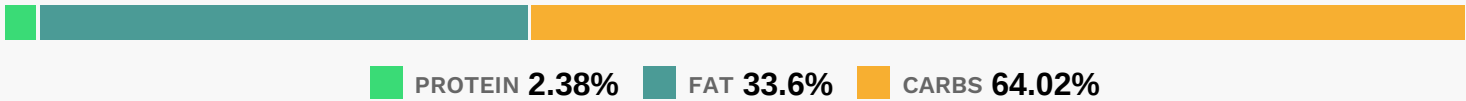
- ☐ frying pan
- ☐ oven

- ☐ wire rack
- ☐ toothpicks
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray.
- ☐ Make brownie batter as directed on box.
- ☐ Spread in pan.
- ☐ Bake 28 to 31 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely on cooling rack, about 1 1/2 hours. Freeze in pan 15 minutes.
- ☐ Using foil to lift, remove brownies from pan, and peel foil away. With football-shaped cookie cutter, cut brownies into football shapes. Set aside leftover pieces for snacking.
- ☐ Spread frosting on brownies. For easier cutting, refrigerate 15 minutes to set frosting. Pipe on decorating icing to look like football laces.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:4.65, Inflammation Score:1, Nutrition Score:2.656086916023%

Nutrients (% of daily need)

Calories: 556.83kcal (27.84%), Fat: 21.2g (32.61%), Saturated Fat: 5.38g (33.62%), Carbohydrates: 90.86g (30.29%), Net Carbohydrates: 90.34g (32.85%), Sugar: 70.48g (78.31%), Cholesterol: 0mg (0%), Sodium: 299.27mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Iron: 2.44mg (13.57%), Vitamin E: 1.27mg (8.49%), Manganese: 0.14mg (6.94%), Copper: 0.11mg (5.7%), Vitamin K: 5.25µg (5%), Phosphorus: 47.92mg (4.79%), Vitamin B2: 0.06mg (3.36%), Potassium: 116.81mg (3.34%), Magnesium: 12.15mg (3.04%), Fiber: 0.52g (2.07%), Zinc: 0.18mg (1.19%)