



Brownie Footballs

READY IN



160 min.

SERVINGS



8

CALORIES



499 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix (1 lb 6.25 oz)
- ☐ 1 cup chocolate frosting (from 16 oz container)
- ☐ 2 inches grands flaky refrigerator biscuits football-shaped
- ☐ 2 eggs
- ☐ 4.3 oz chocolate icing white
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup water

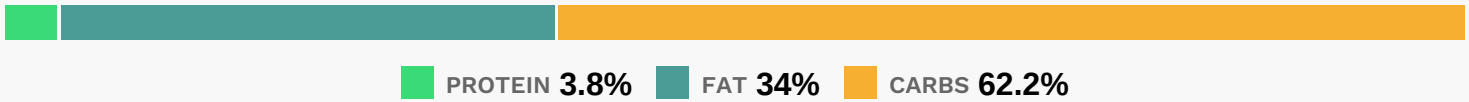
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Line 9-inch square pan with foil, letting foil hang 2 inches over sides of pan. Grease bottom only of foil with shortening or cooking spray.
- ☐ In medium bowl, stir brownie mix, chocolate syrup, oil, water and eggs until well blended.
- ☐ Spread in pan.
- ☐ Bake 35 to 40 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely, about 1 1/2 hours.
- ☐ Using foil to lift, remove brownies from pan. With football-shaped cookie cutter, cut brownies into football shapes.
- ☐ Spread frosting on brownies. 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:2.9526086669901%

Nutrients (% of daily need)

Calories: 499.33kcal (24.97%), Fat: 19.06g (29.33%), Saturated Fat: 4.48g (28.02%), Carbohydrates: 78.48g (26.16%), Net Carbohydrates: 78.22g (28.44%), Sugar: 57.6g (64%), Cholesterol: 40.92mg (13.64%), Sodium: 283.79mg (12.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Iron: 2.43mg (13.49%), Vitamin E: 1.02mg (6.83%), Vitamin K: 7.07µg (6.74%), Vitamin B2: 0.1mg (6.03%), Selenium: 3.66µg (5.22%), Phosphorus: 47.23mg (4.72%), Manganese: 0.07mg (3.68%), Copper: 0.07mg (3.31%), Potassium: 76.23mg (2.18%), Magnesium: 7.57mg (1.89%), Vitamin B5: 0.19mg (1.87%), Folate: 7.17µg (1.79%), Vitamin B12: 0.1µg (1.63%), Zinc: 0.24mg (1.59%), Vitamin D: 0.22µg (1.47%), Vitamin A: 60.23IU (1.2%), Fiber: 0.26g (1.05%), Vitamin B6: 0.02mg (1.03%)