



Brownie Mix in a Jar III



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 cups brown sugar packed
- ☐ 0.5 cup coconut or flaked
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar white

Equipment

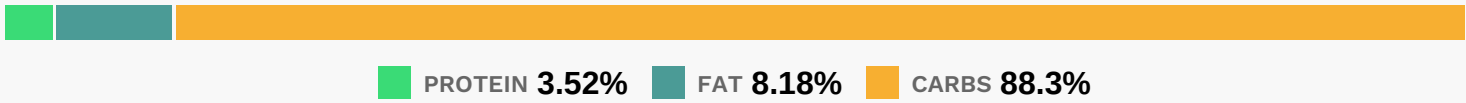
- ☐ frying pan

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ canning jar

Directions

- ☐ Mix together flour, salt and baking powder. Set aside.
- ☐ Layer ingredients in order given in a 1 quart sized wide mouth canning jar.
- ☐ Add flour mixture last. Press each layer firmly in place.
- ☐ Attach this message to jar: Butterscotch Brownies
- ☐ Empty jar of brownie mix into large mixing bowl. Use your hands to thoroughly blend mix.
- ☐ Add: 3/4 cup butter or margarine, softened at room temperature. DO NOT USE DIET MARGARINE.
- ☐ Mix in 2 eggs, slightly beaten and 2 teaspoons vanilla.
- ☐ Mix until completely blended.
- ☐ Spread batter into a sprayed 9 x 13 inch metal pan.
- ☐ Bake at 375 degrees F (190 degrees C) for 25 minutes. Cool 15 minutes in baking pan.
- ☐ Cut brownies into 1 1/2 inch squares. Cool completely in pan. Makes 2 dozen brownies.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:8.72, Inflammation Score:-1, Nutrition Score:2.083478257546%

Nutrients (% of daily need)

Calories: 135.45kcal (6.77%), Fat: 1.26g (1.94%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 30g (10.91%), Sugar: 22.1g (24.56%), Cholesterol: 0mg (0%), Sodium: 56.76mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Manganese: 0.13mg (6.58%), Selenium: 4.1µg (5.86%), Vitamin B1: 0.08mg (5.52%), Folate: 19.41µg (4.85%), Iron: 0.7mg (3.9%), Vitamin B3: 0.65mg (3.23%), Calcium: 31.99mg (3.2%), Vitamin B2: 0.05mg (3.18%), Fiber: 0.57g (2.28%), Phosphorus: 21.11mg (2.11%), Copper: 0.04mg (1.9%),

Magnesium: 5.6mg (1.4%), Potassium: 45.28mg (1.29%)