



## Brownies Filled with Caramel Candies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



151 kcal

DESSERT

### Ingredients

- ☐ 21.5 ounce brownie mix
- ☐ 0.5 pound milk chocolate-covered caramel patties
- ☐ 1 cup walnuts toasted coarsely chopped

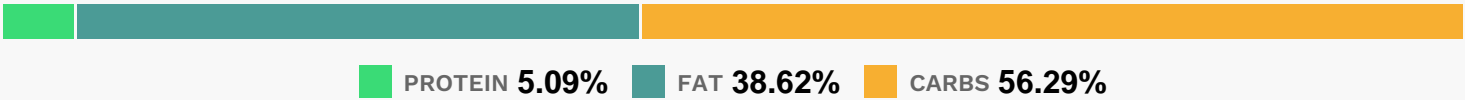
### Equipment

- ☐ oven
- ☐ wire rack
- ☐ baking pan

# Directions

- ☐ Prepare brownie mix according to package directions, adding walnuts. Spoon half of mixture into a greased 13- x 9-inch baking pan.
- ☐ Place caramel patties in an even layer over the mixture. Spoon remaining batter over candies.
- ☐ Bake at 350 for 30 to 35 minutes or until done. Cool on a wire rack.
- ☐ Cut into squares.
- ☐ \*In testing we used See's milk chocolate-covered caramel patties. They may be ordered from See's Candies, P.O. Box 93025, Long Beach, CA. 90809-3025, 800-877-
- ☐ One (8-ounce) package of Rolo chewy caramels in milk chocolate could also be used in this recipe.

## Nutrition Facts



## Properties

Glycemic Index:0.67, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.2217391191617%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

## Nutrients (% of daily need)

Calories: 150.94kcal (7.55%), Fat: 6.58g (10.12%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 21.25g (7.73%), Sugar: 15.01g (16.68%), Cholesterol: 0.91mg (0.3%), Sodium: 73.62mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Manganese: 0.13mg (6.66%), Iron: 0.72mg (3.98%), Copper: 0.06mg (3.1%), Phosphorus: 18.86mg (1.89%), Magnesium: 6.16mg (1.54%), Calcium: 14.78mg (1.48%), Fiber: 0.33g (1.32%), Vitamin B6: 0.02mg (1.05%)