



Brownies on a Stick



Dairy Free



Popular

READY IN



240 min.

SERVINGS



15

CALORIES



229 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix
- ☐ 15 celery stalks (with rounded ends)
- ☐ 1.3 cups semi chocolate chips
- ☐ 2 teaspoons shortening
- ☐ 1 serving sprinkles (assorted)

Equipment

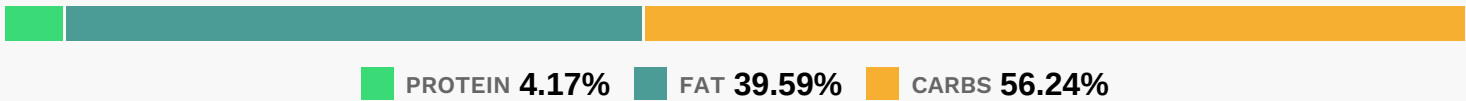
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ microwave

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 and bake brownies as directed on box for cakelike brownies. Cool completely on cooling rack, about 1 1/2 hours.
- ☐ Place in freezer 30 minutes. Using foil to lift, remove brownies from pan, and peel foil away.
- ☐ Cut into 15 rectangular brownies, 5 rows by 3 rows. Gently insert craft stick into end of each.
- ☐ Place on large cookie sheet; freeze 30 minutes.
- ☐ In small microwavable bowl, microwave chocolate chips and shortening uncovered on High about 1 minute; stir until smooth. If necessary, microwave additional 5 seconds at a time. Dip top one-third to half of each brownie into chocolate; sprinkle with candy sprinkles.
- ☐ Lay flat on waxed paper or foil.
- ☐ Let stand about 1 hour or until chocolate is set.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.6608695880226%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 229.4kcal (11.47%), Fat: 10.1g (15.54%), Saturated Fat: 4.29g (26.82%), Carbohydrates: 32.29g (10.76%),
Net Carbohydrates: 31.02g (11.28%), Sugar: 21.17g (23.52%), Cholesterol: 0.9mg (0.3%), Sodium: 93.03mg (4.04%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 2.4g (4.79%), Manganese: 0.2mg
(10.14%), Iron: 1.81mg (10.03%), Copper: 0.19mg (9.43%), Magnesium: 26.84mg (6.71%), Fiber: 1.26g (5.06%),
Phosphorus: 39.96mg (4%), Potassium: 95.45mg (2.73%), Zinc: 0.4mg (2.68%), Vitamin K: 2.6µg (2.48%), Selenium:
1.28µg (1.82%), Calcium: 10.91mg (1.09%)