



Brownies To Die For

READY IN



50 min.

SERVINGS



10

CALORIES



669 kcal

DESSERT

Ingredients

- 19.8 ounce brownie mix
- 16 ounce betty rich & creamy coconut pecan frosting
- 1 cup pecans chopped
- 1 cup semi chocolate chips
- 1 cup cup heavy whipping cream sour

Equipment

- frying pan
- oven

baking pan

spatula

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease one 9x9 inch baking pan.

Mix the brownie mix according to box directions, omitting 1/2 of the oil asked for. Stir in the sour cream and coconut pecan frosting.

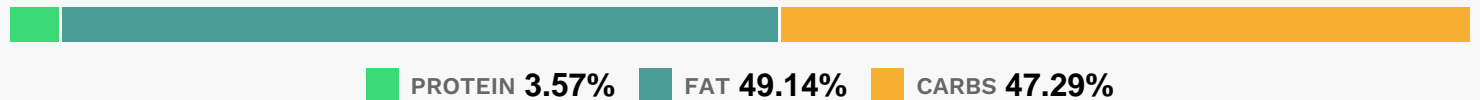
Spread evenly into the prepared pan.

Bake for 20 to 30 minutes in preheated oven, or until done. Be careful not to overbake, or they will harden and be impossible to eat! About 5 minutes before brownies are done, remove from oven, and sprinkle chocolate chips over the top along with chopped pecans.

Place back in the oven for 5 minutes.

Remove pan from oven, and use a spatula to spread the melted chocolate chips over the top to frost the brownies.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:8.3269565001778%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 669.03kcal (33.45%), Fat: 36.88g (56.74%), Saturated Fat: 12.34g (77.13%), Carbohydrates: 79.87g (26.62%), Net Carbohydrates: 76.25g (27.73%), Sugar: 53.81g (59.79%), Cholesterol: 14.65mg (4.88%), Sodium: 261.29mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.48mg (5.16%), Protein: 6.04g (12.07%), Manganese: 1.04mg (51.84%), Copper: 0.42mg (20.81%), Iron: 3.25mg (18.07%), Fiber: 3.62g (14.48%), Magnesium: 55.79mg (13.95%), Phosphorus: 123.05mg (12.3%), Zinc: 1.23mg (8.22%), Potassium: 259.87mg (7.42%), Vitamin B1:

0.1mg (6.55%), Vitamin E: 0.84mg (5.6%), Selenium: 3.91µg (5.59%), Calcium: 47.92mg (4.79%), Vitamin B2: 0.07mg (4.13%), Vitamin K: 3.79µg (3.61%), Vitamin A: 160.21IU (3.2%), Vitamin B6: 0.06mg (2.99%), Vitamin B5: 0.3mg (2.96%), Vitamin B3: 0.4mg (1.98%), Vitamin B12: 0.08µg (1.35%), Folate: 4.69µg (1.17%)