



## 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

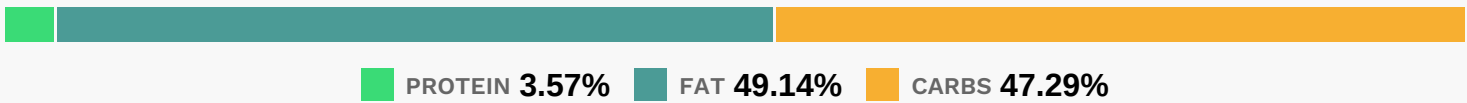
- ☐ frying pan
- ☐ oven

- ☐ 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: Og (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%)