



Brownies with Butterscotch Drizzle

READY IN



15 min.

SERVINGS



16

CALORIES



175 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butterscotch chips
- ☐ 0.5 cup bittersweet chocolate chunks
- ☐ 2 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar light
- ☐ 2 teaspoons milk 1% low-fat
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 0.3 teaspoon salt
- ☐ 4 tablespoons butter unsalted ()

- ☐ 2 ounces chocolate unsweetened chopped
- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup flour whole-wheat

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 32
- ☐ Lightly coat an 8-inch baking pan with cooking spray.
- ☐ Melt butter with chocolate in a medium saucepan over low heat.
- ☐ Remove pan from heat, and stir in sour cream, sugars, eggs, and vanilla until well-combined. Stir in flour, salt, and chocolate chips.
- ☐ Pour batter into prepared pan; bake in middle of oven until a toothpick comes out clean (about 35 minutes).
- ☐ Cool brownies in a pan; cut into 16 squares. Melt butterscotch chips in a small pan over low heat, stirring (about 4 minutes).
- ☐ Add milk, and whisk until smooth.
- ☐ Pour butterscotch into a ziptop plastic bag; snip end off one of the bottom corners. Stack brownies (2-4 in each stack); drizzle each stack with butterscotch.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:4.36, Inflammation Score:-2, Nutrition Score:4.0130434363433%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 174.66kcal (8.73%), Fat: 8.06g (12.4%), Saturated Fat: 4.71g (29.44%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 23.41g (8.51%), Sugar: 19.4g (21.56%), Cholesterol: 32.87mg (10.96%), Sodium: 73.13mg (3.18%), Alcohol: 0.28g (100%), Alcohol %: 0.77% (100%), Caffeine: 7.54mg (2.51%), Protein: 2.26g (4.52%), Manganese: 0.38mg (19.06%), Copper: 0.21mg (10.41%), Selenium: 5.29µg (7.56%), Magnesium: 28.32mg (7.08%), Iron: 1.26mg (7.02%), Phosphorus: 58.57mg (5.86%), Fiber: 1.43g (5.71%), Zinc: 0.7mg (4.64%), Vitamin B2: 0.05mg (2.95%), Potassium: 102.75mg (2.94%), Vitamin A: 142.61IU (2.85%), Calcium: 24.53mg (2.45%), Vitamin B1: 0.03mg (2.07%), Vitamin B6: 0.03mg (1.65%), Vitamin E: 0.24mg (1.57%), Vitamin B5: 0.16mg (1.56%), Folate: 6.16µg (1.54%), Vitamin B12: 0.09µg (1.51%), Vitamin B3: 0.3mg (1.5%), Vitamin D: 0.19µg (1.28%), Vitamin K: 1.11µg (1.05%)