



Brownies with Grilled Fruit

READY IN



145 min.

SERVINGS



9

CALORIES



574 kcal

DESSERT

Ingredients

- ☐ 3 medium banana firm cut into 1-inch slices (2 1/4 cups)
- ☐ 2 tablespoons brown sugar packed
- ☐ 1 box brownie mix betty crocker® (1 lb 2.4 oz)
- ☐ 0.3 cup butter melted
- ☐ 0.8 cup mrs richardson's butterscotch caramel sauce
- ☐ 2 medium mangos pitted cut into 1-inch chunks (2 cups)
- ☐ 3 tablespoons orange juice
- ☐ 2.5 cups pineapple chunks fresh ()
- ☐ 9 servings vegetable oil for on brownie mix box

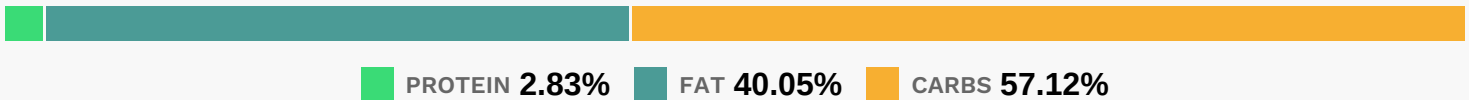
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, letting foil hang 2 inches over sides of pan. Grease bottom only of foil with cooking spray or shortening. Make and bake brownies as directed on box. Cool completely, about 1 1/2 hours.
- ☐ Heat gas or charcoal grill. In small bowl, mix butter, orange juice and brown sugar.
- ☐ On each of 18 (10-inch) skewers, thread pineapple, mango and banana pieces alternately, leaving space between each piece.
- ☐ Brush butter mixture over fruit.
- ☐ Place skewers on grill over medium-low heat. Cook uncovered 10 to 15 minutes, turning frequently and brushing with butter mixture, until fruit is lightly browned.
- ☐ Remove brownies from pan by lifting with foil; peel away foil.
- ☐ Cut brownies into 3 rows by 3 rows; cut each brownie in half diagonally. To serve, arrange 2 brownie triangles on each plate.
- ☐ Remove fruit from skewers and arrange around and over brownies.
- ☐ Drizzle with caramel topping.

Nutrition Facts



Properties

Glycemic Index:17.61, Glycemic Load:7.84, Inflammation Score:-6, Nutrition Score:8.3095652461052%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 574.4kcal (28.72%), Fat: 26.32g (40.49%), Saturated Fat: 4.76g (29.74%), Carbohydrates: 84.46g (28.15%), Net Carbohydrates: 81.84g (29.76%), Sugar: 62.38g (69.31%), Cholesterol: 0mg (0%), Sodium: 291.46mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Vitamin C: 29.28mg (35.5%), Vitamin K: 28.34µg (26.99%), Vitamin A: 809.59IU (16.19%), Vitamin B6: 0.25mg (12.62%), Vitamin E: 1.82mg (12.13%), Iron: 1.99mg (11.03%), Fiber: 2.62g (10.5%), Potassium: 329.54mg (9.42%), Folate: 33.1µg (8.27%), Copper: 0.16mg (7.79%), Manganese: 0.15mg (7.35%), Magnesium: 27.07mg (6.77%), Vitamin B1: 0.1mg (6.52%), Vitamin B3: 0.78mg (3.91%), Vitamin B2: 0.06mg (3.77%), Calcium: 31.5mg (3.15%), Phosphorus: 29.56mg (2.96%), Vitamin B5: 0.27mg (2.71%), Selenium: 1.21µg (1.74%), Zinc: 0.17mg (1.13%)