



Brownies with Peanut Butter Fudge Frosting

READY IN



60 min.

SERVINGS



9

CALORIES



507 kcal

DESSERT

Ingredients

- 19.8 ounce brownie mix
- 0.5 cup butter
- 1 cup peanut butter chips
- 14 ounce condensed milk sweetened canned

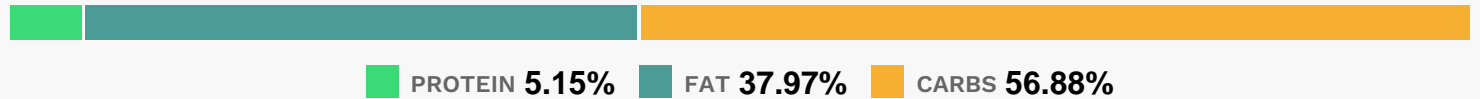
Equipment

- frying pan
- sauce pan
- oven

Directions

- Bake brownies according to package directions. Allow them to cool in the pan. Do not cut.
- In a medium saucepan over low heat, melt peanut butter chips and butter together, stirring frequently until smooth.
- Remove from heat and stir in the sweetened condensed milk.
- Spread evenly over the cooled brownies. Chill until set and cut into squares.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:14.64, Inflammation Score:-2, Nutrition Score:4.0373913166316%

Nutrients (% of daily need)

Calories: 507.03kcal (25.35%), Fat: 21.61g (33.25%), Saturated Fat: 10.53g (65.81%), Carbohydrates: 72.83g (24.28%), Net Carbohydrates: 72.83g (26.48%), Sugar: 54.93g (61.04%), Cholesterol: 42.11mg (14.04%), Sodium: 319.21mg (13.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Calcium: 128.27mg (12.83%), Phosphorus: 114.6mg (11.46%), Vitamin B2: 0.19mg (11.04%), Iron: 1.84mg (10.22%), Selenium: 6.65µg (9.5%), Vitamin A: 432.9IU (8.66%), Potassium: 166.63mg (4.76%), Vitamin B12: 0.22µg (3.59%), Vitamin B5: 0.34mg (3.45%), Magnesium: 11.72mg (2.93%), Zinc: 0.43mg (2.84%), Vitamin B1: 0.04mg (2.69%), Vitamin E: 0.36mg (2.42%), Vitamin C: 1.15mg (1.39%), Folate: 5.23µg (1.31%), Vitamin B6: 0.02mg (1.14%), Vitamin K: 1.15µg (1.09%)