



Butterscotch Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



96 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups firmly brown sugar dark packed
- ☐ 0.5 cup butter melted
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla

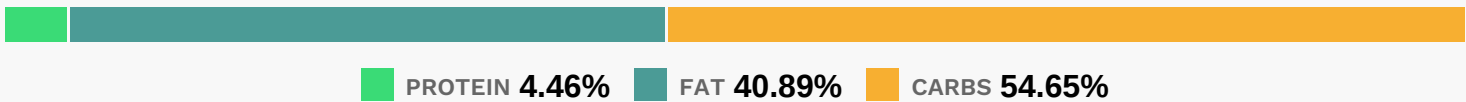
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine butter and sugar in a large mixing bowl, mixing well.
- ☐ Add eggs and vanilla; beat until well blended.
- ☐ Sift together flour, baking powder, and salt in a small mixing bowl. Gradually add to creamed mixture, stirring well. Stir in pecans.
- ☐ Spread mixture in a greased 9-inch square pan.
- ☐ Bake at 350 for 30 minutes. Cool brownies completely in pan, and cut into 1 1/2-inch squares.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:2.94, Inflammation Score:-1, Nutrition Score:1.8339130418456%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 96.08kcal (4.8%), Fat: 4.46g (6.86%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 13.05g (4.74%), Sugar: 9.02g (10.02%), Cholesterol: 9.09mg (3.03%), Sodium: 91.74mg (3.99%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 1.09g (2.19%), Manganese: 0.14mg (7.23%), Selenium: 2.71µg (3.88%), Vitamin B1: 0.06mg (3.81%), Folate: 11.3µg (2.83%), Vitamin A: 127.25IU (2.54%), Calcium: 25.38mg (2.54%), Vitamin B2: 0.04mg (2.42%), Iron: 0.43mg (2.4%), Phosphorus: 22.72mg (2.27%), Copper: 0.04mg (2.05%),

Vitamin B3: 0.35mg (1.74%), Fiber: 0.36g (1.44%), Magnesium: 5.18mg (1.3%), Zinc: 0.17mg (1.16%), Vitamin E: 0.16mg (1.06%)