



Butterscotch Brownies in a Jar



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons double-acting baking powder
- ☐ 2 cups brown sugar packed
- ☐ 0.5 cup coconut or flaked
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup pecans chopped
- ☐ 0.3 teaspoon salt

Equipment

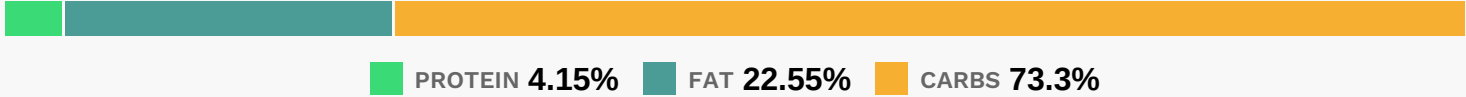
- ☐ frying pan

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ To a one liter jar, add flour, baking powder, and salt; stir together, and pack down. Then add and pack down remaining ingredients in this order: coconut, pecans, brown sugar.
- ☐ Attach a label with the following instructions: Butterscotch Brownies in a Jar
- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking pan.
- ☐ Empty jar of brownie mix into a large mixing bowl; stir to break up lumps.
- ☐ Add 3/4 cup softened butter, 2 beaten eggs, and 2 teaspoons of vanilla extract; mix until well blended.
- ☐ Spread batter evenly in the prepared pan.
- ☐ Bake for 25 minutes. Allow to cool in the pan some before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:5.96, Inflammation Score:-1, Nutrition Score:3.0795652267078%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 143.21kcal (7.16%), Fat: 3.7g (5.69%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 26.14g (9.5%), Sugar: 18.08g (20.09%), Cholesterol: 0mg (0%), Sodium: 109.72mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Manganese: 0.28mg (14.24%), Vitamin B1: 0.11mg (7.02%), Calcium: 63.71mg (6.37%), Selenium: 4.21µg (6.01%), Folate: 20.15µg (5.04%), Iron: 0.84mg (4.67%), Phosphorus:

41.5mg (4.15%), Copper: 0.08mg (3.93%), Fiber: 0.9g (3.59%), Vitamin B3: 0.69mg (3.43%), Vitamin B2: 0.06mg (3.39%), Magnesium: 9.86mg (2.47%), Zinc: 0.27mg (1.79%), Potassium: 59.27mg (1.69%), Vitamin B6: 0.02mg (1.23%), Vitamin B5: 0.11mg (1.13%)