



Candy Bar Brownies

READY IN



45 min.

SERVINGS



30

CALORIES



196 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.8 cup butter melted
- 0.3 cup cocoa
- 8.3 ounce chocolate-coated caramel-peanut nougat bars coarsely chopped
- 4 large eggs lightly beaten
- 1.5 cups flour all-purpose
- 4.6 ounce milk chocolate bars finely chopped
- 0.3 teaspoon salt
- 2 cups sugar

2 teaspoons vanilla extract

Equipment

bowl

oven

baking pan

Directions

Stir together first 4 ingredients in a large bowl.

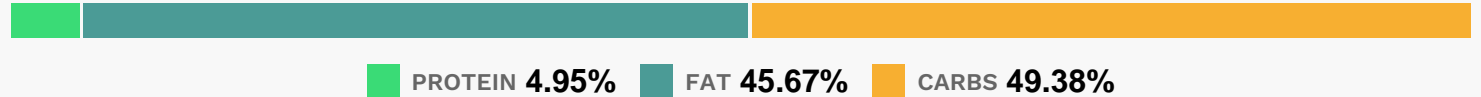
Combine flour and next 3 ingredients; stir into sugar mixture. Fold in chopped nougat bars.

Spoon mixture into a greased and floured 13- x 9-inch baking dish; sprinkle with chopped milk chocolate bars.

Bake at 350 for 30 minutes. Cool and cut into squares.

Note: For testing purposes only, we used Snickers bars for nougat bars.

Nutrition Facts



Properties

Glycemic Index:10.09, Glycemic Load:14.43, Inflammation Score:-3, Nutrition Score:4.1686956212734%

Flavonoids

Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 196.47kcal (9.82%), Fat: 10.28g (15.81%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 23.38g (8.5%), Sugar: 17.54g (19.49%), Cholesterol: 25.03mg (8.34%), Sodium: 92.18mg (4.01%), Alcohol: 0.09g (100%), Alcohol %: 0.26% (100%), Caffeine: 11.36mg (3.79%), Protein: 2.51g (5.01%), Manganese: 0.26mg (12.82%), Copper: 0.21mg (10.73%), Iron: 1.61mg (8.92%), Magnesium: 29.97mg (7.49%), Selenium: 5.04µg (7.2%), Fiber: 1.62g (6.47%), Phosphorus: 60.3mg (6.03%), Vitamin B2: 0.09mg (5.01%), Vitamin A: 242.05IU (4.84%), Vitamin B1: 0.06mg (3.77%), Folate: 15.07µg (3.77%), Zinc: 0.52mg (3.48%), Potassium: 102.16mg (2.92%), Vitamin B3: 0.51mg (2.55%), Vitamin E: 0.31mg (2.05%), Calcium: 18.45mg (1.85%), Vitamin B5: 0.17mg (1.73%),

Vitamin B12: 0.09µg (1.45%), Vitamin B6: 0.02mg (1.03%)