



## Caramel Brownie Hearts

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



691 kcal

DESSERT

### Ingredients

- 19.8 ounce brownie mix prepared
- 14 ounce individually wrapped caramels
- 3 tablespoons whipping cream

### Equipment

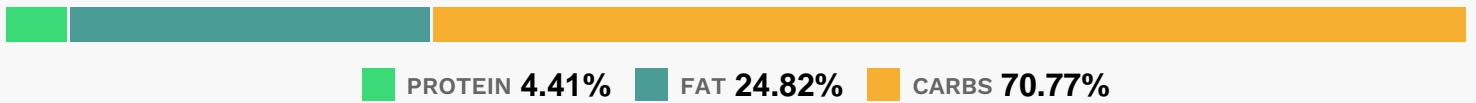
- bowl
- frying pan
- oven
- baking pan

- aluminum foil
- cookie cutter
- microwave

## Directions

- Preheat an oven to 350 degrees F (175 degrees C). Line an 8x8 inch baking pan with foil.
- Pour prepared brownie batter into foil-lined pan, and bake until brownies begin to pull away from the sides, 25 to 30 minutes. Cool completely.
- Lift brownies from pan in one piece. Use a 3 inch heart-shaped cookie cutter to cut 6 brownie hearts.
- Combine caramels and whipping cream in a large bowl. Microwave on High for 1 to 3 minutes, stirring every 30 seconds, until caramels are melted and cream is incorporated.
- Drizzle caramel sauce decoratively on brownie hearts.
- Sprinkle with chopped pecans, if desired.

## Nutrition Facts



## Properties

Glycemic Index:10.83, Glycemic Load:33.11, Inflammation Score:-1, Nutrition Score:3.4473912845487%

## Nutrients (% of daily need)

Calories: 690.76kcal (34.54%), Fat: 19.39g (29.82%), Saturated Fat: 5.81g (36.28%), Carbohydrates: 124.4g (41.47%), Net Carbohydrates: 124.4g (45.24%), Sugar: 89.95g (99.94%), Cholesterol: 13.11mg (4.37%), Sodium: 437.27mg (19.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.49%), Iron: 2.73mg (15.16%), Vitamin B2: 0.18mg (10.79%), Calcium: 96.24mg (9.62%), Phosphorus: 79.76mg (7.98%), Vitamin B1: 0.07mg (4.64%), Vitamin B5: 0.43mg (4.29%), Potassium: 148.68mg (4.25%), Vitamin B12: 0.21µg (3.51%), Magnesium: 11.77mg (2.94%), Vitamin A: 138.03IU (2.76%), Vitamin E: 0.37mg (2.49%), Zinc: 0.31mg (2.06%), Selenium: 1.42µg (2.02%), Vitamin B6: 0.04mg (1.98%), Vitamin K: 1.43µg (1.36%)