



## Caramel Brownies

READY IN



185 min.

SERVINGS



16

CALORIES



250 kcal

DESSERT

### Ingredients

- 16 oz brownie mix
- 0.8 cup nuts chopped
- 0.8 cup semi chocolate chips
- 15 individually wrapped caramels (from 14 oz bag)
- 1 tablespoon milk

### Equipment

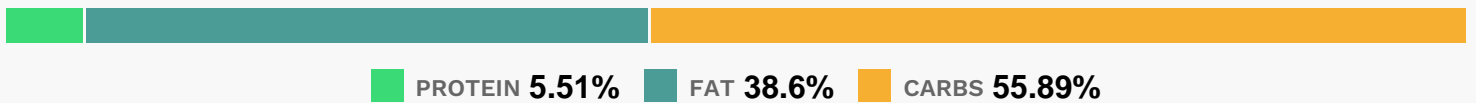
- bowl
- frying pan

- oven
- knife
- wire rack
- toothpicks
- microwave

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom of 8-inch square pan with shortening or cooking spray. Make brownie batter as directed on box for cakelike brownies.
- Spread in pan. In small bowl, combine nuts and chocolate chips; sprinkle half of mixture over batter in pan. Set remaining nut mixture aside.
- Bake 35 to 38 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Meanwhile, place caramels and milk in small microwavable bowl, microwave uncovered on High 30 seconds to 1 minute, stirring every 30 seconds until caramels are melted.
- After removing pan from oven, immediately spoon caramel mixture over brownie; sprinkle with remaining nut mixture. Return to oven and bake an additional 7 to 10 minutes or until caramel is bubbly around edge of brownie. Cool completely on cooling rack, about 2 hours. Before cutting, run knife around edge of pan to loosen.
- Cut into 4 rows by 4 rows. Store covered at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:8.29, Glycemic Load:5.04, Inflammation Score:-1, Nutrition Score:3.1847826491879%

## Nutrients (% of daily need)

Calories: 250.34kcal (12.52%), Fat: 10.92g (16.81%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 35.59g (11.86%), Net Carbohydrates: 34.31g (12.48%), Sugar: 23.34g (25.94%), Cholesterol: 1.27mg (0.43%), Sodium: 107.76mg (4.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.26mg (2.42%), Protein: 3.51g (7.01%), Manganese: 0.24mg (12.18%), Copper: 0.19mg (9.67%), Iron: 1.59mg (8.85%), Magnesium: 31.74mg (7.94%), Phosphorus: 62.93mg (6.29%), Fiber: 1.28g (5.13%), Zinc: 0.53mg (3.5%), Potassium: 109.61mg (3.13%), Vitamin B2: 0.04mg

(2.53%), Calcium: 24.05mg (2.4%), Vitamin B3: 0.4mg (2.01%), Vitamin B1: 0.03mg (1.76%), Vitamin B5: 0.17mg (1.68%), Vitamin B6: 0.03mg (1.43%), Selenium: 0.9µg (1.28%)