



Caramel Brownies

READY IN



195 min.

SERVINGS



40

CALORIES



142 kcal

DESSERT

Ingredients

- 1 box brownie mix (1 lb 2.4 oz)
- 25 individually wrapped caramels (from 14 oz bag)
- 2 eggs
- 2 tablespoons milk
- 1 cup nuts coarsely chopped
- 6 oz semi chocolate chips
- 0.3 cup vegetable oil
- 0.3 cup water

Equipment

- bowl
- frying pan
- oven
- toothpicks
- microwave

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray. In medium bowl, stir brownie mix, pouch of chocolate syrup, oil, water and eggs until well blended.
- 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 30 minutes. Meanwhile, place caramels and milk in small microwavable bowl, microwave uncovered on HIGH 1 1/2 to 2 1/2 minutes, stirring every minute until caramels are melted.
- After removing pan from oven, immediately spoon caramel mixture over brownie to within 1/2 inch of sides; sprinkle with remaining nut mixture. Return to oven and bake an additional 10 minutes until toothpick inserted into brownie 2 inches from side of pan comes out almost clean. Cool completely, about 1 1/2 hours. For brownies, cut into 8 rows by 5 rows. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.32, Glycemic Load:3.32, Inflammation Score:-1, Nutrition Score:2.0399999859864%

Nutrients (% of daily need)

Calories: 141.75kcal (7.09%), Fat: 7.13g (10.96%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 17.32g (6.3%), Sugar: 12.02g (13.36%), Cholesterol: 8.97mg (2.99%), Sodium: 56.88mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.66mg (1.22%), Protein: 2.08g (4.17%), Manganese: 0.13mg (6.37%), Copper: 0.1mg (5.1%), Iron: 0.81mg (4.49%), Magnesium: 17.02mg (4.25%), Phosphorus: 38.95mg (3.9%),

Vitamin K: 2.93µg (2.79%), Fiber: 0.66g (2.66%), Vitamin B2: 0.04mg (2.14%), Zinc: 0.31mg (2.06%), Potassium: 63.14mg (1.8%), Selenium: 1.16µg (1.66%), Calcium: 15.98mg (1.6%), Vitamin B5: 0.13mg (1.31%), Vitamin E: 0.19mg (1.26%), Vitamin B1: 0.02mg (1.09%), Vitamin B3: 0.22mg (1.08%)