



Caramel Brownies



Vegetarian



Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



7768 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 lb butter
- ☐ 5 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 3 cups sugar
- ☐ 1 cup cocoa unsweetened
- ☐ 1 tablespoon vanilla

☐ 14 ounces see's kraft (40 to 50)

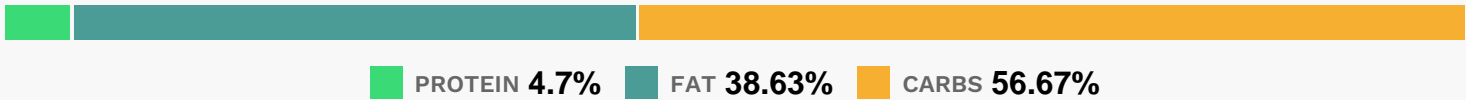
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ In a 3- to 4-quart pan over medium-high heat, melt butter, stirring occasionally, about 4 minutes.
- ☐ Remove from heat.
- ☐ Stir in sugar, then eggs and vanilla, until blended. Stir in salt and baking powder.
- ☐ Add flour and cocoa and stir until batter is smooth.
- ☐ Butter a 12- by 20-inch piece of foil. Line a 9- by 13-inch pan with foil, buttered side up, letting foil hang over pan ends. Scrape batter into pan. Evenly space caramels over batter.
- ☐ Bake brownies in a 325 oven just until a toothpick inserted in the center (not in a caramel) comes out clean, 55 to 60 minutes.
- ☐ Let cool.
- ☐ Lift brownies with foil from pan to a counter. Peel back sides of foil. With a long, hot knife, cut between caramels into 35 squares; occasionally rinse knife in very hot water and wipe clean.

Nutrition Facts



Properties

Glycemic Index:352.09, Glycemic Load:756.64, Inflammation Score:-10, Nutrition Score:78.215652045996%

Flavonoids

Catechin: 55.75mg, Catechin: 55.75mg, Catechin: 55.75mg, Catechin: 55.75mg Epicatechin: 168.93mg, Epicatechin: 168.93mg, Epicatechin: 168.93mg, Epicatechin: 168.93mg Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg

Nutrients (% of daily need)

Calories: 7768.47kcal (388.42%), Fat: 347.98g (535.35%), Saturated Fat: 199.86g (1249.11%), Carbohydrates: 1148.53g (382.84%), Net Carbohydrates: 1109.96g (403.62%), Sugar: 863.72g (959.69%), Cholesterol: 1689.2mg (563.07%), Sodium: 6294.55mg (273.68%), Alcohol: 4.47g (100%), Alcohol %: 0.29% (100%), Caffeine: 197.8mg (65.93%), Protein: 95.34g (190.68%), Selenium: 187.96µg (268.51%), Manganese: 5.18mg (258.94%), Vitamin B2: 3.84mg (226.05%), Phosphorus: 2018.77mg (201.88%), Vitamin A: 10018.15IU (200.36%), Copper: 3.92mg (196.22%), Vitamin B1: 2.56mg (170.45%), Iron: 29.33mg (162.94%), Folate: 628.6µg (157.15%), Fiber: 38.58g (154.31%), Magnesium: 591.12mg (147.78%), Calcium: 1160.85mg (116.08%), Vitamin B3: 17.61mg (88.04%), Zinc: 12.96mg (86.43%), Vitamin E: 12.58mg (83.86%), Potassium: 2883.22mg (82.38%), Vitamin B5: 7.99mg (79.85%), Vitamin B12: 3.99µg (66.57%), Vitamin B6: 0.87mg (43.62%), Vitamin D: 5µg (33.33%), Vitamin K: 34.61µg (32.96%), Vitamin C: 1.59mg (1.92%)