



Caramel Brownies I

READY IN



45 min.

SERVINGS



10

CALORIES



699 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter
- ☐ 14 ounce individually wrapped caramels
- ☐ 0.7 cup evaporated milk
- ☐ 18.3 ounce german chocolate cake mix
- ☐ 1 cup semi chocolate chips
- ☐ 1 cup walnuts chopped

Equipment

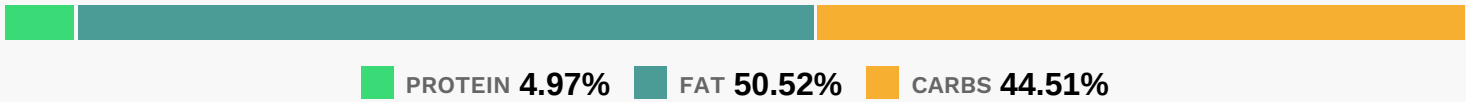
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 8x10 inch baking pan.
- ☐ Combine cake mix, 1/2 of the evaporated milk, the butter or margarine and the chopped nuts.
- ☐ Mix until combined and spread 1/2 of the batter into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 6 minutes.
- ☐ Melt the caramels and the remaining evaporated milk.
- ☐ Remove brownies from oven.
- ☐ Sprinkle chocolate chips over the brownies then pour the melted caramel mixture over the top.
- ☐ Spread the remaining batter over the top of the caramel. Return pan to oven and bake for an additional 18 minutes.
- ☐ Let brownies cool before serving.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:20.03, Inflammation Score:-6, Nutrition Score:13.104782679159%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg

Nutrients (% of daily need)

Calories: 698.54kcal (34.93%), Fat: 40.89g (62.9%), Saturated Fat: 16.88g (105.49%), Carbohydrates: 81.06g (27.02%), Net Carbohydrates: 77.6g (28.22%), Sugar: 54.42g (60.47%), Cholesterol: 45.33mg (15.11%), Sodium: 653.39mg (28.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.17mg (7.06%), Protein: 9.05g (18.09%), Manganese: 0.76mg (37.93%), Copper: 0.63mg (31.37%), Phosphorus: 310.41mg (31.04%), Iron: 3.9mg (21.65%), Magnesium: 85.6mg (21.4%), Calcium: 202.94mg (20.29%), Vitamin B2: 0.27mg (15.86%), Selenium: 9.77µg (13.96%), Fiber: 3.47g (13.86%), Potassium: 464.32mg (13.27%), Vitamin B1: 0.18mg (12.22%), Folate: 46.99µg (11.75%), Zinc: 1.57mg (10.48%), Vitamin A: 495.17IU (9.9%), Vitamin E: 1.37mg (9.11%), Vitamin B3: 1.21mg (6.04%), Vitamin B6: 0.12mg (6.01%), Vitamin B5: 0.56mg (5.63%), Vitamin K: 5.58µg (5.32%), Vitamin B12: 0.21µg (3.45%)