

## Caramel Brownies II

READY IN



45 min.

SERVINGS



15

CALORIES



466 kcal

DESSERT

### Ingredients

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

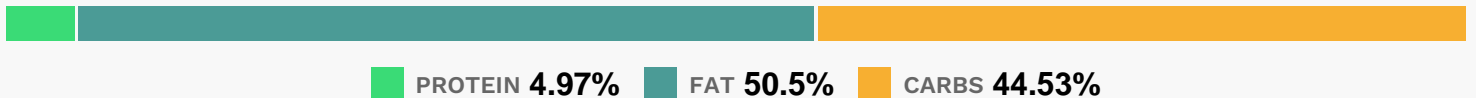
### Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 9x13 inch baking dish.
- Melt caramels and 1/3 cup of the evaporated milk over very low heat, stirring occasionally until smooth.
- Combine cake mix, melted butter, the remaining 1/3 cup evaporated milk, vanilla and nuts.
- Mix well and spread 1/2 of the batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 8 minutes.
- Sprinkle the chocolate chips evenly over the partially cooked brownies.
- Pour the melted caramel mixture over the top and with a teaspoon drop the remaining 1/2 of the batter evenly over the top.
- Bake at 350 degrees F (175 degrees C) for 20 minutes.
- Let brownies cool in pan then cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:13.36, Inflammation Score:-4, Nutrition Score:8.7413043175703%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

## Nutrients (% of daily need)

Calories: 466.46kcal (23.32%), Fat: 27.26g (41.94%), Saturated Fat: 11.25g (70.32%), Carbohydrates: 54.08g (18.03%), Net Carbohydrates: 51.77g (18.82%), Sugar: 36.32g (40.35%), Cholesterol: 30.22mg (10.07%), Sodium: 435.62mg (18.94%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 14.11mg (4.7%), Protein: 6.03g (12.06%), Manganese: 0.51mg (25.32%), Copper: 0.42mg (20.92%), Phosphorus: 206.96mg (20.7%), Iron: 2.6mg (14.44%), Magnesium: 57.1mg (14.28%), Calcium: 135.32mg (13.53%), Vitamin B2: 0.18mg (10.59%), Selenium: 6.51µg (9.31%), Fiber: 2.31g (9.24%), Potassium: 309.94mg (8.86%), Vitamin B1: 0.12mg (8.15%), Folate: 31.32µg (7.83%),

Zinc: 1.05mg (6.99%), Vitamin A: 330.11IU (6.6%), Vitamin E: 0.91mg (6.07%), Vitamin B3: 0.81mg (4.03%), Vitamin B6: 0.08mg (4.01%), Vitamin B5: 0.38mg (3.75%), Vitamin K: 3.72µg (3.55%), Vitamin B12: 0.14µg (2.3%)