



Caramel-Coconut-Pecan Brownies

READY IN



20 min.

SERVINGS



20

CALORIES



534 kcal

DESSERT

Ingredients

- ☐ 4 ounce baker's chocolate unsweetened
- ☐ 1 cup butter softened
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups pecans chopped
- ☐ 1 cup semi chocolate chips
- ☐ 12 ounce semi chocolate chips
- ☐ 2 cups sugar
- ☐ 2 cups coconut sweetened flaked

- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

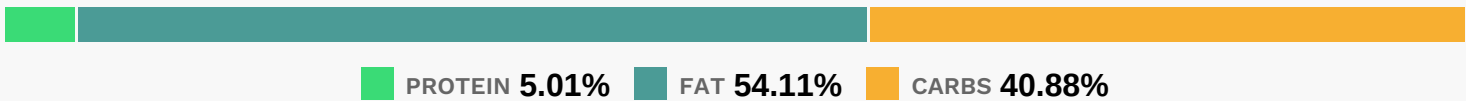
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Microwave chocolate squares in a microwave-safe bowl at MEDIUM (50% power) 1 1/2 minutes, stirring at 30-second intervals until melted. Stir until smooth.
- ☐ Beat butter and sugar at medium speed with an electric mixer until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Add melted chocolate, beating just until blended.
- ☐ Add flour, beating at low speed just until blended. Stir in vanilla and chocolate morsels.
- ☐ Spread batter into a greased and floured 13- x 9-inch pan.
- ☐ Sprinkle batter evenly with coconut, 1 (12-ounce) package semisweet chocolate morsels, and chopped pecans.
- ☐ Drizzle evenly with sweetened condensed milk.
- ☐ Bake at 350 for 50 to 55 minutes or until golden brown and center is set. Cool completely on wire rack.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:13.3, Glycemic Load:24.04, Inflammation Score:-5, Nutrition Score:12.176956534386%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 4.24mg, Catechin: 4.24mg, Catechin: 4.24mg, Catechin: 4.24mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 8.11mg, Epicatechin: 8.11mg, Epicatechin: 8.11mg, Epicatechin: 8.11mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 533.96kcal (26.7%), Fat: 33.2g (51.08%), Saturated Fat: 17.56g (109.75%), Carbohydrates: 56.45g (18.82%), Net Carbohydrates: 51.64g (18.78%), Sugar: 43.89g (48.77%), Cholesterol: 69.91mg (23.3%), Sodium: 140.91mg (6.13%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Caffeine: 26.9mg (8.97%), Protein: 6.91g (13.82%), Manganese: 1.08mg (53.91%), Copper: 0.65mg (32.59%), Magnesium: 86.53mg (21.63%), Phosphorus: 200.94mg (20.09%), Iron: 3.48mg (19.34%), Fiber: 4.82g (19.27%), Selenium: 12.68µg (18.12%), Zinc: 2.04mg (13.58%), Vitamin B2: 0.2mg (11.61%), Potassium: 356.27mg (10.18%), Vitamin B1: 0.14mg (9.56%), Calcium: 94.35mg (9.44%), Vitamin A: 408.2IU (8.16%), Folate: 22.3µg (5.58%), Vitamin B5: 0.51mg (5.12%), Vitamin E: 0.69mg (4.63%), Vitamin B3: 0.87mg (4.37%), Vitamin B12: 0.24µg (4.04%), Vitamin K: 3.67µg (3.5%), Vitamin B6: 0.06mg (3.02%), Vitamin D: 0.24µg (1.6%)