



Caramel-Drizzled Brownie Hearts

 Vegetarian

READY IN



165 min.

SERVINGS



7

CALORIES



415 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 15 individually wrapped caramels (from 14 oz)
- ☐ 4 teaspoons cup heavy whipping cream
- ☐ 2 tablespoons pecans chopped

Equipment

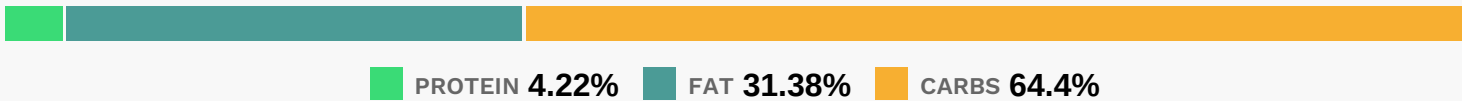
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray. Make and bake brownies as directed on box. Cool completely on cooling rack, about 1 1/2 hours. Freeze in pan 15 minutes.
- ☐ Using foil to lift, remove brownies from pan, and peel foil away. With deep 3-inch heart-shaped cookie cutter, cut 7 brownies. Save leftover pieces for snacking.
- ☐ In small microwavable bowl, microwave caramels and whipping cream uncovered on High 30 seconds; stir. Continue microwaving in 15 second intervals, until mixture can be stirred smooth.
- ☐ Arrange brownies on serving plate.
- ☐ Drizzle about half of the caramel mixture over brownies.
- ☐ Sprinkle with pecans.
- ☐ Serve with remaining caramel mixture.

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:10.74, Inflammation Score:-1, Nutrition Score:2.247826092917%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate:

0.07mg

Nutrients (% of daily need)

Calories: 414.76kcal (20.74%), Fat: 14.66g (22.56%), Saturated Fat: 3.36g (21%), Carbohydrates: 67.72g (22.57%), Net Carbohydrates: 67.44g (24.52%), Sugar: 46.37g (51.53%), Cholesterol: 4.73mg (1.58%), Sodium: 242.48mg (10.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Iron: 1.93mg (10.7%), Manganese: 0.13mg (6.55%), Vitamin K: 4.26µg (4.05%), Vitamin B2: 0.06mg (3.76%), Phosphorus: 34mg (3.4%), Calcium: 33.46mg (3.35%), Vitamin B1: 0.04mg (2.77%), Vitamin E: 0.33mg (2.19%), Copper: 0.04mg (1.92%), Magnesium: 7.3mg (1.83%), Potassium: 60.29mg (1.72%), Vitamin B5: 0.16mg (1.65%), Zinc: 0.23mg (1.54%), Vitamin B12: 0.07µg (1.15%), Fiber: 0.27g (1.1%), Vitamin A: 52.6IU (1.05%)