



Caramel Filled Brownies

READY IN



45 min.

SERVINGS



12

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 7 ounces unwrapped caramels
- ☐ 2 eggs
- ☐ 0.5 cup flour
- ☐ 2.5 tablespoons heavy cream
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.1 teaspoon salt
- ☐ 6 ounces semi-sweet chocolate
- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted (1 stick) (I used)

☐ 0.5 tablespoon vanilla

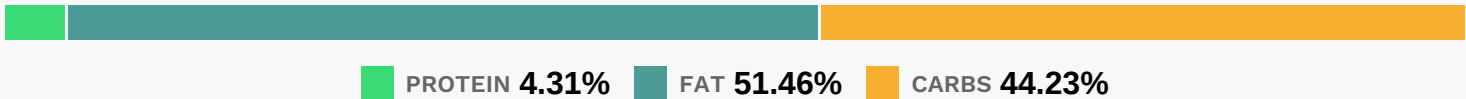
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square pan with nonstick foil.
- ☐ Place chocolate and butter in a microwave-safe bowl and microwave on high for 30 seconds. Stir and repeat until melted and smooth.Using a wooden spoon, beat in sugar. Beat in eggs, one at a time followed by vanilla. Beat thoroughly with spoon for about a minute. Stir in flour and salt.
- ☐ Pour half of batter in lined pan and bake for 18 minutes.
- ☐ Let cool for at least 15 minutes. While cooling, prepare filling.
- ☐ Place caramels and cream in a saucepan.
- ☐ Heat over medium, stirring constantly, or until caramels are melted and smooth. Stir in pecans.
- ☐ Pour over partially cooled brownie layer.
- ☐ Spread remaining brownie batter over caramel. Cook for another 18 minutes.
- ☐ Let cool completely then chill Use parchment to lift brownies from pan.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:19.9, Inflammation Score:-3, Nutrition Score:5.6891304889451%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 331.32kcal (16.57%), Fat: 19.33g (29.74%), Saturated Fat: 9.6g (60.02%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 35.71g (12.98%), Sugar: 28.88g (32.09%), Cholesterol: 53.15mg (17.72%), Sodium: 78.73mg (3.42%), Alcohol: 0.19g (100%), Alcohol %: 0.32% (100%), Caffeine: 12.19mg (4.06%), Protein: 3.64g (7.28%), Manganese: 0.42mg (20.75%), Copper: 0.25mg (12.26%), Phosphorus: 91.39mg (9.14%), Magnesium: 35.25mg (8.81%), Selenium: 5.93µg (8.46%), Iron: 1.41mg (7.81%), Vitamin B2: 0.13mg (7.4%), Vitamin A: 338.24IU (6.76%), Fiber: 1.67g (6.68%), Vitamin B1: 0.09mg (6.25%), Zinc: 0.78mg (5.23%), Potassium: 154.66mg (4.42%), Calcium: 43.92mg (4.39%), Folate: 14.96µg (3.74%), Vitamin E: 0.55mg (3.64%), Vitamin B5: 0.33mg (3.34%), Vitamin B12: 0.16µg (2.69%), Vitamin B3: 0.51mg (2.56%), Vitamin D: 0.34µg (2.26%), Vitamin K: 2.26µg (2.15%), Vitamin B6: 0.04mg (1.95%)