



Caramel-Marshmallow Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



205 kcal

DESSERT

Ingredients

- ☐ 10 individually wrapped caramels
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 tablespoons cup heavy whipping cream
- ☐ 0.5 cup marshmallows
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted
- ☐ 2 ounces baker's chocolate unsweetened

- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.5 cup walnut pieces
- ☐ 0.3 cup chocolate chips

Equipment

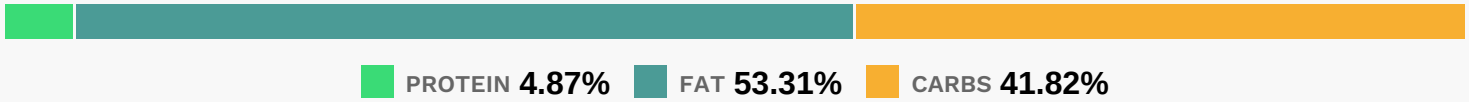
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Line an 8-inch square metal baking pan with a 12-inch sheet of foil, then grease foil.
- ☐ Melt butter and chocolate in a medium saucepan over medium-low heat, whisking lightly until smooth and glossy.
- ☐ Remove from heat.
- ☐ Whisk in sugar and salt, then beat in eggs one at a time until well blended. Stir in vanilla extract, then flour.
- ☐ Scrape into prepared pan and sprinkle walnuts evenly on top.
- ☐ Bake brownies until set and slightly springy to touch, about 20 minutes.
- ☐ Remove pan from oven and turn off heat.
- ☐ Sprinkle chocolate chips and marshmallows on top, return pan to oven for 2 minutes, then transfer pan to a rack to cool.
- ☐ Combine caramels and cream in a small bowl and microwave on medium (50 percent) power for 1 1/2 minutes; stir with a fork until completely smooth.
- ☐ Drizzle caramel-cream over brownies, then let them cool completely.

- ☐
- When cool, remove brownies from tray by lifting out foil, then transfer them to a board.
- ☐
- Cut brownies into four pieces, then cut each quarter into four individual pieces.

Nutrition Facts



Properties

Glycemic Index:18.16, Glycemic Load:12.65, Inflammation Score:-2, Nutrition Score:3.8317390929746%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 204.87kcal (10.24%), Fat: 12.74g (19.6%), Saturated Fat: 6.37g (39.78%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 21.55g (7.84%), Sugar: 16.73g (18.59%), Cholesterol: 40.53mg (13.51%), Sodium: 64.05mg (2.78%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 2.62g (5.24%), Manganese: 0.3mg (15.15%), Copper: 0.19mg (9.38%), Selenium: 4.02µg (5.74%), Iron: 1.03mg (5.74%), Phosphorus: 53.2mg (5.32%), Magnesium: 20.34mg (5.08%), Vitamin B2: 0.08mg (4.7%), Vitamin A: 235.05IU (4.7%), Zinc: 0.6mg (4.01%), Vitamin B1: 0.06mg (3.86%), Folate: 15.2µg (3.8%), Fiber: 0.94g (3.76%), Calcium: 25.37mg (2.54%), Potassium: 86.11mg (2.46%), Vitamin E: 0.31mg (2.09%), Vitamin B5: 0.19mg (1.9%), Vitamin B6: 0.04mg (1.86%), Vitamin B3: 0.34mg (1.7%), Vitamin D: 0.25µg (1.69%), Vitamin B12: 0.09µg (1.48%), Vitamin K: 1.13µg (1.07%)