



Caramel-Pecan Brownies

READY IN



75 min.

SERVINGS



15

CALORIES



458 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter
- 11 oz caramels kraft
- 4 eggs
- 1 cup flour
- 2 cups planters pecan halves divided
- 2 cups sugar
- 0.3 cup whipping cream

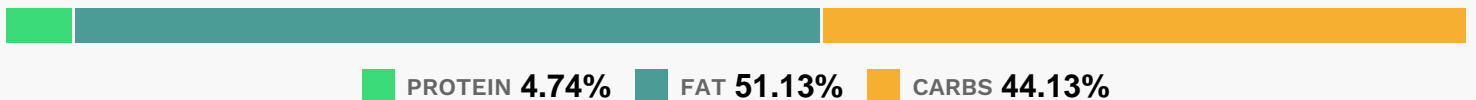
Equipment

- bowl
- frying pan
- oven
- wire rack
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides. Spray foil with cooking spray. Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted and mixture is well blended.
- Add sugar and eggs; mix well. Stir in flour until blended.
- Pour half the batter into prepared pan.
- Bake 25 min. or until top is firm to the touch. Meanwhile, microwave caramels and cream in medium microwaveable bowl on HIGH 2 min. or until caramels begin to melt; stir until caramels are completely melted and mixture is well blended. Stir in 1 cup nuts.
- Spread caramel mixture over brownie layer in pan; cover with remaining brownie batter. (Some caramel mixture may peek through.)
- Sprinkle with remaining nuts.
- Bake 30 min. or until top is firm to the touch. Cool in pan on wire rack. Use foil handles to remove brownies from pan before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:33.68, Inflammation Score:-5, Nutrition Score:9.5808695956417%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Catechin: 5.82mg, Catechin: 5.82mg, Catechin: 5.82mg, Catechin: 5.82mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 10.83mg, Epicatechin: 10.83mg, Epicatechin: 10.83mg, Epicatechin: 10.83mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg

Nutrients (% of daily need)

Calories: 457.87kcal (22.89%), Fat: 27.47g (42.26%), Saturated Fat: 7.27g (45.43%), Carbohydrates: 53.35g (17.78%), Net Carbohydrates: 50.61g (18.4%), Sugar: 41.04g (45.6%), Cholesterol: 51.08mg (17.03%), Sodium: 178.3mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.05mg (2.02%), Protein: 5.73g (11.47%), Manganese: 0.97mg (48.63%), Copper: 0.43mg (21.47%), Phosphorus: 128.41mg (12.84%), Vitamin B1: 0.19mg (12.8%), Iron: 2.29mg (12.72%), Magnesium: 48.18mg (12.04%), Selenium: 8.23µg (11.76%), Vitamin B2: 0.19mg (11.29%), Vitamin A: 563.22IU (11.26%), Fiber: 2.75g (10.99%), Zinc: 1.64mg (10.95%), Folate: 26.94µg (6.74%), Calcium: 60.55mg (6.05%), Potassium: 196.79mg (5.62%), Vitamin E: 0.84mg (5.6%), Vitamin B5: 0.49mg (4.95%), Vitamin B3: 0.79mg (3.97%), Vitamin B6: 0.07mg (3.39%), Vitamin B12: 0.19µg (3.11%), Vitamin D: 0.32µg (2.13%), Vitamin K: 1.8µg (1.71%)