



Caramel Pecan Brownies

READY IN



120 min.

SERVINGS



16

CALORIES



191 kcal

DESSERT

Ingredients

- 1 cup sugar
- 0.5 cup shortening
- 1 teaspoon vanilla
- 2 eggs
- 0.7 cup flour all-purpose
- 0.5 cup cocoa powder
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 0.5 cup pecans coarsely chopped

- 12 individually wrapped caramels
- 1 tablespoon milk

Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Heat oven to 350°. Grease bottom and sides of square pan, 8x8x2
- or 9x9x2 inches, with shortening.
- Mix sugar, shortening, vanilla and
- eggs in large bowl. Stir in flour, cocoa, baking powder and salt.
- Spread
- in pan.
- Sprinkle with pecans.
- Bake 20 to 25 minutes or until toothpick inserted in center comes
- out clean.
- Heat caramels and milk in 1-quart saucepan over low heat, stirring
- frequently, until caramels are melted.
- Drizzle over warm brownies. Cool
- completely, about 1 hour. For brownies, cut into 4 rows by 4 rows.

Nutrition Facts



PROTEIN 4.85% FAT 46.78% CARBS 48.37%

Properties

Glycemic Index:21.88, Glycemic Load:15.42, Inflammation Score:-2, Nutrition Score:3.8339129951985%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 191.24kcal (9.56%), Fat: 10.48g (16.12%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 22.92g (8.33%), Sugar: 17.68g (19.65%), Cholesterol: 21.1mg (7.03%), Sodium: 77.2mg (3.36%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.45g (4.89%), Manganese: 0.3mg (14.78%), Copper: 0.16mg (7.83%), Selenium: 4.2µg (5.99%), Fiber: 1.46g (5.85%), Phosphorus: 57.93mg (5.79%), Magnesium: 20.79mg (5.2%), Vitamin B1: 0.08mg (5.15%), Vitamin B2: 0.08mg (4.99%), Iron: 0.83mg (4.63%), Vitamin E: 0.54mg (3.59%), Vitamin K: 3.76µg (3.59%), Folate: 14.03µg (3.51%), Zinc: 0.48mg (3.22%), Calcium: 28.77mg (2.88%), Potassium: 86.09mg (2.46%), Vitamin B5: 0.24mg (2.37%), Vitamin B3: 0.42mg (2.12%), Vitamin B6: 0.03mg (1.34%), Vitamin B12: 0.08µg (1.28%)