



HEALTH SCORE

64%

Caramel-Pecan Brownies



Vegetarian



Very Healthy

READY IN



150 min.

SERVINGS



1

CALORIES



7016 kcal

DESSERT

Ingredients

- ☐ 4 oz baker's chocolate unsweetened chopped
- ☐ 1 cup t brown sugar dark packed
- ☐ 0.8 cup butter
- ☐ 2 tablespoons butter
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1.5 cups pecans coarsely chopped

- ☐ 1.5 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

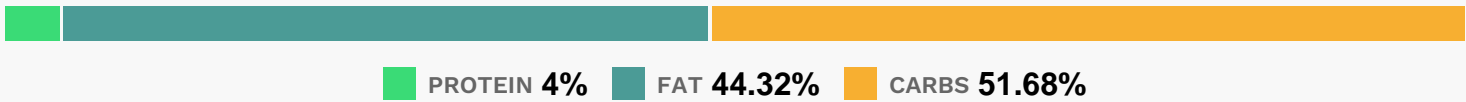
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 350
- ☐ Bake pecans in a single layer in a shallow pan 6 to 8 minutes or until lightly toasted and fragrant.
- ☐ Microwave chocolate and 3/4 cup butter in a large microwave-safe bowl at HIGH 1 to 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- ☐ Whisk in sugar and eggs until well blended. Stir in flour.
- ☐ Spread batter into a greased 13- x 9-inch pan.
- ☐ Bake at 350 for 25 to 30 minutes or until a wooden pick inserted in center comes out with a few moist crumbs.
- ☐ Let cool 1 hour on a wire rack.
- ☐ Combine brown sugar, milk, 2 Tbsp. butter, and salt in a large saucepan; bring to a boil over medium-high heat, stirring occasionally. Reduce heat to medium-low, and simmer, stirring occasionally, 5 minutes or until slightly thickened.
- ☐ Remove from heat.

- ☐ Let stand 5 minutes. Beat in powdered sugar and vanilla at medium speed with an electric mixer until smooth.
- ☐ Pour over brownies, spreading to edges; sprinkle with toasted pecans.
- ☐ Let cool 30 minutes.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:293.09, Glycemic Load:351.18, Inflammation Score:-10, Nutrition Score:73.553478313529%

Flavonoids

Cyanidin: 17.56mg, Cyanidin: 17.56mg, Cyanidin: 17.56mg, Cyanidin: 17.56mg Delphinidin: 11.9mg, Delphinidin: 11.9mg, Delphinidin: 11.9mg, Delphinidin: 11.9mg Catechin: 84.79mg, Catechin: 84.79mg, Catechin: 84.79mg, Catechin: 84.79mg Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg Epicatechin: 162.17mg, Epicatechin: 162.17mg, Epicatechin: 162.17mg, Epicatechin: 162.17mg Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg

Nutrients (% of daily need)

Calories: 7015.52kcal (350.78%), Fat: 363.25g (558.85%), Saturated Fat: 157.41g (983.83%), Carbohydrates: 953.32g (317.77%), Net Carbohydrates: 915.43g (332.88%), Sugar: 803.48g (892.76%), Cholesterol: 1184.88mg (394.96%), Sodium: 2285.57mg (99.37%), Alcohol: 0.69g (100%), Alcohol %: 0.05% (100%), Caffeine: 90.72mg (30.24%), Protein: 73.69g (147.37%), Manganese: 13.17mg (658.31%), Copper: 6.1mg (304.96%), Iron: 35.08mg (194.92%), Selenium: 129.6µg (185.14%), Magnesium: 658.81mg (164.7%), Phosphorus: 1617.21mg (161.72%), Vitamin B1: 2.39mg (159.03%), Fiber: 37.9g (151.58%), Zinc: 22.59mg (150.59%), Vitamin B2: 2.21mg (129.72%), Vitamin A: 6323.47IU (126.47%), Folate: 398.62µg (99.65%), Calcium: 746.35mg (74.64%), Potassium: 2559.16mg (73.12%), Vitamin E: 9.58mg (63.85%), Vitamin B5: 6.18mg (61.79%), Vitamin B3: 11.44mg (57.21%), Vitamin B6: 0.94mg (47%), Vitamin B12: 2.78µg (46.26%), Vitamin D: 5.34µg (35.61%), Vitamin K: 31.94µg (30.42%), Vitamin C: 1.8mg (2.18%)