



Caramel-Pecan Chocolate Dessert

READY IN



315 min.

SERVINGS



12

CALORIES



504 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 0.3 cup water
- 0.5 cup vegetable oil
- 2 eggs
- 1 cup milk chocolate chips
- 0.5 cup whipping cream (heavy)
- 20 individually wrapped caramels (from 14-oz bag)
- 1 eggs beaten
- 1 cup pecans

- 0.8 cup whipping cream (heavy)
- 2 tablespoons powdered sugar

Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- toothpicks
- spatula
- springform pan

Directions

- Heat oven to 350°F (if using dark or nonstick pan, heat oven to 325°). Grease bottom and side of 10-inch springform pan with shortening. In medium bowl, stir brownie mix, water, oil and 2 eggs until well blended. Stir in chocolate chips.
- Spread in pan.
- Bake 50 to 60 minutes or until puffed in center and toothpick inserted near center comes out clean. Cool completely, about 1 hour.
- Meanwhile, in 1-quart saucepan, heat 1/2 cup whipping cream and the caramels over medium heat, stirring frequently, until caramels are melted. Stir small amount of the hot mixture into beaten egg, then stir egg back into mixture in saucepan. Cook over medium heat 2 to 3 minutes, stirring constantly, until thickened. Stir in pecans.
- Spread over brownie. Refrigerate uncovered at least 3 hours until chilled.
- Run metal spatula around side of pan to loosen dessert; remove side of pan.
- Transfer dessert on pan base to serving plate. In chilled small bowl, beat 3/4 cup whipping cream and the powdered sugar with electric mixer on high speed until stiff peaks form. Spoon whipped cream in 12 dollops around edge of dessert.
- Cut into wedges to serve. Store covered in refrigerator.

Nutrition Facts

PROTEIN 4.39% FAT 49.82% CARBS 45.79%

Properties

Glycemic Index:6.25, Glycemic Load:8.38, Inflammation Score:-3, Nutrition Score:5.1973913493364%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 504.37kcal (25.22%), Fat: 28.53g (43.89%), Saturated Fat: 11.03g (68.96%), Carbohydrates: 59.01g (19.67%), Net Carbohydrates: 58.22g (21.17%), Sugar: 42.96g (47.74%), Cholesterol: 70.1mg (23.37%), Sodium: 187.52mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.31%), Manganese: 0.38mg (18.82%), Iron: 1.64mg (9.14%), Vitamin B2: 0.15mg (8.85%), Vitamin A: 435.46IU (8.71%), Phosphorus: 78.01mg (7.8%), Selenium: 4.74µg (6.77%), Calcium: 62.17mg (6.22%), Copper: 0.11mg (5.68%), Vitamin B1: 0.08mg (5.4%), Vitamin E: 0.68mg (4.56%), Vitamin K: 4.76µg (4.53%), Zinc: 0.65mg (4.33%), Potassium: 151.11mg (4.32%), Vitamin D: 0.62µg (4.11%), Vitamin B5: 0.41mg (4.06%), Magnesium: 15.92mg (3.98%), Fiber: 0.79g (3.17%), Vitamin B12: 0.19µg (3.13%), Vitamin B6: 0.05mg (2.7%), Folate: 8.64µg (2.16%)