



Caramel Pretzel Crunch Brownies

READY IN



160 min.

SERVINGS



24

CALORIES



254 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 1 cup semi chocolate chips
- 14 oz individually wrapped caramels
- 0.3 cup butter
- 1 tablespoon milk
- 1 cup pretzels crushed
- 0.3 cup toffee chips

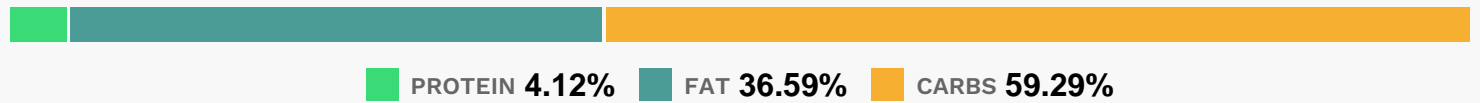
Equipment

- bowl
- frying pan
- oven
- toothpicks
- microwave

Directions

- Heat oven to 350° F (325° F for dark and nonstick pan). Grease or spray 13x9-inch pan.
- Make brownie batter as directed on box, using water, oil, and eggs; stir in 1/2 cup chocolate chips (reserve 1/2 cup).
- Spread into pan.
- Bake 24 to 28 minutes or until toothpick inserted 1 inch from edge comes out almost clean. Cool 5 minutes.
- Meanwhile, in medium microwaveable bowl, microwave caramels, butter, and milk uncovered on High 2 to 3 minutes, stirring once, until caramels are melted. Carefully pour and spread over warm brownies.
- Sprinkle with pretzels, remaining 1/2 cup chocolate chips and toffee bits. Cool completely.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:11.5, Inflammation Score:-1, Nutrition Score:2.554347810052%

Nutrients (% of daily need)

Calories: 254.04kcal (12.7%), Fat: 10.46g (16.1%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 37.45g (13.62%), Sugar: 26.31g (29.24%), Cholesterol: 5.1mg (1.7%), Sodium: 171.62mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.65g (5.3%), Iron: 1.25mg (6.93%), Manganese: 0.13mg (6.62%), Copper: 0.1mg (5.09%), Phosphorus: 44.85mg (4.48%), Magnesium: 17.26mg (4.31%), Vitamin B2: 0.06mg (3.59%), Calcium: 30.97mg (3.1%), Fiber: 0.71g (2.85%), Vitamin A: 134.14IU (2.68%), Potassium:

88.95mg (2.54%), Vitamin B1: 0.03mg (2.29%), Zinc: 0.31mg (2.08%), Vitamin K: 2.1µg (2%), Vitamin E: 0.29mg (1.92%), Folate: 6.78µg (1.7%), Selenium: 1.11µg (1.59%), Vitamin B5: 0.14mg (1.45%), Vitamin B3: 0.27mg (1.33%), Vitamin B12: 0.07µg (1.21%)