



Caramel Pretzel Crunch Brownies

READY IN



160 min.

SERVINGS



24

CALORIES



373 kcal

DESSERT

Ingredients

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

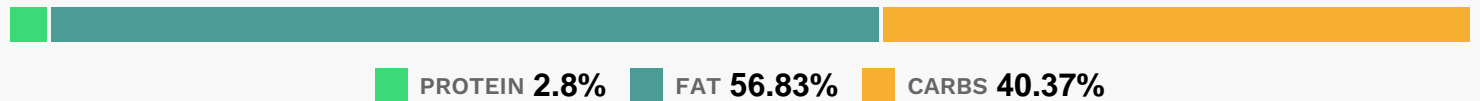
Equipment

- 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:-2, Nutrition Score:3.8952173663546%

Nutrients (% of daily need)

Calories: 372.65kcal (18.63%), Fat: 23.88g (36.74%), Saturated Fat: 5.85g (36.54%), 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: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.65g (5.3%), Vitamin K: 26.77µg (25.5%), Vitamin E: 1.39mg (9.24%), Iron: 1.25mg (6.95%), 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%), 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%)