



Caramel-Walnut Brownies

READY IN



45 min.

SERVINGS



15

CALORIES



404 kcal

DESSERT

Ingredients

- 0.8 cup butter melted
- 14 ounce caramels
- 0.7 cup evaporated milk divided
- 0.8 teaspoon ground cinnamon
- 2 teaspoons vanilla extract
- 1.5 cups walnut halves
- 18.3 ounce caramel-flavored cake mix

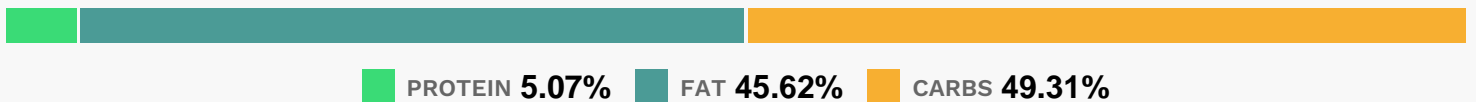
Equipment

- frying pan
- sauce pan
- oven
- wire rack

Directions

- Preheat the oven to 35
- Unwrap caramels, and place in a medium saucepan.
- Add 1/3 cup evaporated milk; cook over low heat until caramels melt, stirring often.
- Remove from heat, and set aside.
- Combine remaining 1/3 cup milk, the cake mix, and next 3 ingredients; stir just until blended.
- Spread half the dough into a lightly greased 9" square pan. Chill remaining dough.
- Bake at 350 for 10 minutes. Cool in pan on a wire rack 5 minutes.
- Pour caramel mixture over brownie layer in pan.
- Sprinkle with walnuts.
- Divide remaining half of dough into 9 portions. Pat each portion into a 3" circle.
- Place circles over walnuts in pan, overlapping slightly. (Dough will spread during baking.)
- Bake at 350 for 25 minutes. Cool completely in pan on a wire rack. Cover and chill thoroughly before cutting.
- * For caramel-flavored cake mix, we used Duncan Hines.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:13.41, Inflammation Score:-4, Nutrition Score:7.336521734686%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg

Nutrients (% of daily need)

Calories: 404.19kcal (20.21%), Fat: 21.1g (32.46%), Saturated Fat: 8.4g (52.47%), Carbohydrates: 51.31g (17.1%), Net Carbohydrates: 50.1g (18.22%), Sugar: 33.35g (37.06%), Cholesterol: 29.5mg (9.83%), Sodium: 389mg (16.91%), Alcohol: 0.18g (100%), Alcohol %: 0.24% (100%), Protein: 5.28g (10.56%), Manganese: 0.49mg (24.62%), Phosphorus: 212.44mg (21.24%), Calcium: 156.53mg (15.65%), Vitamin B2: 0.2mg (11.76%), Copper: 0.22mg (11.06%), Vitamin B1: 0.15mg (9.86%), Folate: 37.91µg (9.48%), Magnesium: 29.82mg (7.45%), Vitamin A: 324.15IU (6.48%), Selenium: 4.39µg (6.27%), Iron: 1.08mg (6.01%), Vitamin E: 0.79mg (5.25%), Vitamin B3: 1.02mg (5.12%), Zinc: 0.74mg (4.9%), Fiber: 1.22g (4.87%), Potassium: 167.49mg (4.79%), Vitamin B6: 0.09mg (4.68%), Vitamin B5: 0.42mg (4.17%), Vitamin K: 2.62µg (2.49%), Vitamin B12: 0.12µg (1.94%)