



## Cashew-Caramel Brownies

 Dairy Free

READY IN



135 min.

SERVINGS



16

CALORIES



186 kcal

DESSERT

### Ingredients

- 17.8 oz brownie mix chunk
- 0.7 cup roasted cashews salted chopped
- 1.8 oz bar milky candy chopped ()

### Equipment

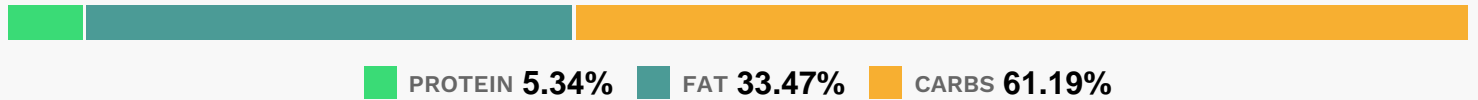
- frying pan
- oven
- wire rack
- toothpicks

aluminum foil

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray.
- Make brownie batter as directed on box for cakelike brownies. Stir in 1/3 cup of the chopped cashews and the chopped candy bar.
- Spread in pan.
- Sprinkle remaining 1/3 cup cashews evenly over batter.
- Bake 28 to 33 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely on cooling rack, about 1 1/2 hours. Using foil to lift, remove brownies from pan, and peel foil away.
- Cut into 4 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:3.34, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:1.5726086856068%

## Nutrients (% of daily need)

Calories: 186.07kcal (9.3%), Fat: 7g (10.77%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 28.78g (9.59%), Net Carbohydrates: 28.58g (10.39%), Sugar: 17.79g (19.77%), Cholesterol: 0.28mg (0.09%), Sodium: 133.83mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Iron: 1.24mg (6.91%), Copper: 0.13mg (6.57%), Magnesium: 15.47mg (3.87%), Phosphorus: 30.06mg (3.01%), Manganese: 0.05mg (2.59%), Zinc: 0.34mg (2.27%), Vitamin K: 2.09µg (1.99%), Selenium: 0.73µg (1.04%), Potassium: 36.12mg (1.03%), Folate: 4.06µg (1.02%)