



Celebration Brownie Mix

 Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



175 kcal

DESSERT

Ingredients

- 0.8 cup flour all-purpose
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 0.5 cup cocoa powder
- 0.8 cup granulated sugar
- 0.5 cup brown sugar packed
- 0.5 cup peppermint candies white
- 0.8 cup pecans chopped

50 ml baileys irish cream raspberry-flavored

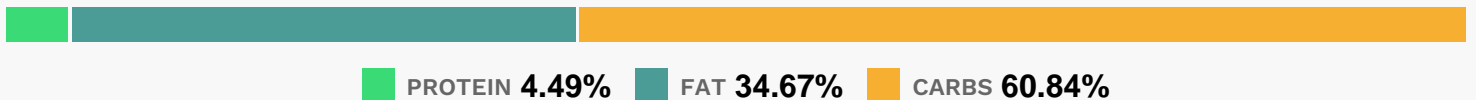
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Layer all ingredients except liqueur in order listed in 1-quart jar with screw-on lid. Attach liqueur bottle to jar with ribbon.
- Include directions below Directions for Celebration Brownie
- Mix
- Heat oven to 350°F. Grease bottom only of square pan, 8x8x2 or 9x9x2 inches, with shortening. Melt 1/2 cup butter or margarine. Beat melted butter, 2 eggs and the liqueur in medium bowl with spoon until blended. Stir in Celebration Brownie
- Mix.
- Spread batter in pan.
- Bake 8-inch pan 30 to 35 minutes, 9-inch pan 25 to 30 minutes, or until dry around edges and toothpick inserted in center comes out almost clean. Cool completely, about 1 hour. For brownies, cut into 4 rows by 4 rows. Makes 16 brownies.

Nutrition Facts



Properties

Glycemic Index:15.44, Glycemic Load:9.83, Inflammation Score:-2, Nutrition Score:3.3599999652285%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg

Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 175.39kcal (8.77%), Fat: 7.1g (10.92%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 26.37g (9.59%), Sugar: 21.11g (23.46%), Cholesterol: 0mg (0%), Sodium: 93.21mg (4.05%), Alcohol: 0.42g (100%), Alcohol %: 1.31% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.07g (4.14%), Manganese: 0.38mg (18.9%), Copper: 0.18mg (8.78%), Fiber: 1.64g (6.57%), Vitamin B1: 0.08mg (5.45%), Magnesium: 21.54mg (5.38%), Iron: 0.84mg (4.68%), Phosphorus: 43.22mg (4.32%), Selenium: 2.7µg (3.86%), Calcium: 32.18mg (3.22%), Folate: 12.78µg (3.19%), Zinc: 0.46mg (3.06%), Vitamin B2: 0.04mg (2.58%), Vitamin B3: 0.47mg (2.36%), Potassium: 77.44mg (2.21%)