



Celebration Brownie Mix

 Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



161 kcal

DESSERT

Ingredients

- ☐ 0.5 cup cocoa powder
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar packed
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 50 ml baileys irish cream raspberry-flavored
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 cup extra sugar to coat cookies prior to baking white

☐ 0.5 teaspoon salt

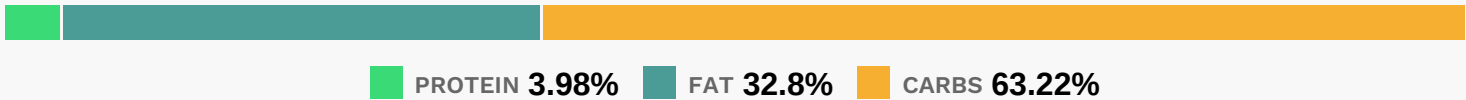
Equipment

- ☐ 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 350F. 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:3.442608644295%

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: 161.49kcal (8.07%), Fat: 6.23g (9.58%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 24.99g (9.09%), Sugar: 16.91g (18.79%), Cholesterol: 0mg (0%), Sodium: 88.62mg (3.85%), Alcohol: 0.42g (100%), Alcohol %: 1.37% (100%), Caffeine: 6.18mg (2.06%), Protein: 1.7g (3.4%), Manganese: 0.38mg (18.9%), Copper: 0.18mg (8.78%), Fiber: 2.02g (8.08%), Iron: 1.11mg (6.18%), Vitamin B1: 0.08mg (5.45%), Magnesium: 21.54mg (5.38%), Phosphorus: 43.22mg (4.32%), Selenium: 2.7µg (3.86%), 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%), Calcium: 21.09mg (2.11%)