



Chocolate Bliss-Caramel Brownies

READY IN



55 min.

SERVINGS



55

CALORIES



139 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter
- 25 caramels kraft
- 4 eggs
- 1 cup flour
- 2 Tbsp milk
- 1 cup planters pecans chopped
- 12 oz baker's semi-sweet chocolate chunks
- 2 cups sugar

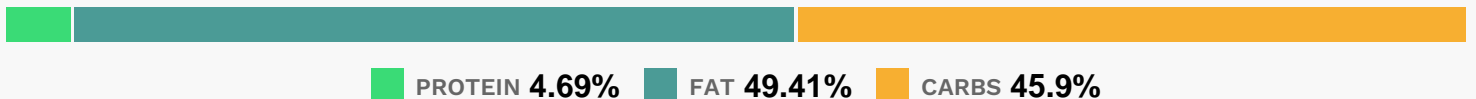
Equipment

- bowl
- frying pan
- oven
- toothpicks
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides; spray with cooking spray.
- Microwave unsweetened chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted.
- Add sugar; mix well. Blend in eggs.
- Add flour; mix well. Stir in nuts.
- Spread into prepared pan.
- Bake 30 to 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Meanwhile, microwave caramels and milk in microwaveable bowl on HIGH 2-1/2 min., stirring after 1 min. Stir until caramels are completely melted and mixture is well blended.
- Spread caramel sauce over brownie; cool 5 min.
- Sprinkle with chocolate chunks. Cool completely. Use foil handles to lift brownies from pan before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:8.62, Inflammation Score:-2, Nutrition Score:3.0330434812476%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 139.38kcal (6.97%), Fat: 7.97g (12.26%), Saturated Fat: 2.88g (18.03%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 15.59g (5.67%), Sugar: 12.64g (14.05%), Cholesterol: 12.66mg (4.22%), Sodium: 46.31mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.97mg (2.32%), Protein: 1.7g (3.4%), Manganese: 0.27mg (13.3%), Copper: 0.17mg (8.62%), Magnesium: 21.62mg (5.41%), Iron: 0.97mg (5.37%), Phosphorus: 44.55mg (4.46%), Fiber: 1.07g (4.28%), Selenium: 2.64µg (3.78%), Zinc: 0.52mg (3.49%), Vitamin B2: 0.05mg (2.84%), Vitamin B1: 0.04mg (2.75%), Vitamin A: 134.9IU (2.7%), Potassium: 78.4mg (2.24%), Calcium: 17.26mg (1.73%), Folate: 6.85µg (1.71%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.13mg (1.29%), Vitamin B3: 0.25mg (1.23%)