



Chocolate Caramel Brownies

 Popular

READY IN



45 min.

SERVINGS



15

CALORIES



470 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter melted
- ☐ 14 ounces caramels
- ☐ 0.3 cup evaporated milk
- ☐ 18.3 ounce german chocolate cake mix
- ☐ 2 cups milk chocolate chips
- ☐ 0.3 cup pecans chopped

Equipment

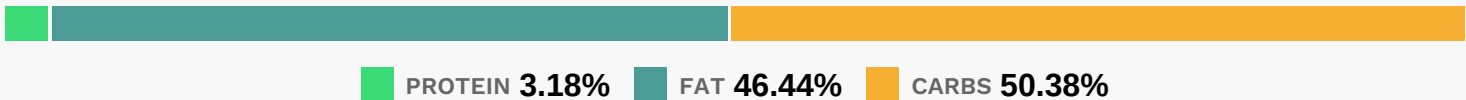
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Peel caramels and place in a microwave-safe bowl. Stir in 1/2 cup evaporated milk.
- ☐ Heat and stir until all caramels are melted.
- ☐ Preheat oven to 350 degrees F (175 degrees C) Grease a 9x13 inch pan.
- ☐ In a large mixing bowl, mix together cake mix, 1/3 cup evaporated milk, melted butter, and chopped pecans.
- ☐ Place 1/2 of the batter in prepared baking pan.
- ☐ Bake for 8 minutes.
- ☐ Place the remaining batter into the fridge.
- ☐ Remove brownies from oven and sprinkle chocolate chips on top.
- ☐ Drizzle caramel sauce over chocolate chips.
- ☐ Remove brownie mix from refrigerator. Using a teaspoon, make small balls with the batter and smash flat. Very carefully, place on top of the caramel sauce until the top is completely covered.
- ☐ Bake for an additional 20 minutes.
- ☐ Remove and let cool.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:13.25, Inflammation Score:-3, Nutrition Score:5.4699999796955%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 470.19kcal (23.51%), Fat: 25.32g (38.95%), Saturated Fat: 12.27g (76.7%), Carbohydrates: 61.8g (20.6%), Net Carbohydrates: 60.8g (22.11%), Sugar: 44.9g (49.88%), Cholesterol: 27.88mg (9.29%), Sodium: 428.3mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.79mg (1.26%), Protein: 3.9g (7.79%), Phosphorus: 142.42mg (14.24%), Calcium: 124.01mg (12.4%), Iron: 1.65mg (9.16%), Vitamin B2: 0.15mg (8.64%), Copper: 0.17mg (8.27%), Manganese: 0.16mg (8.1%), Potassium: 266.16mg (7.6%), Selenium: 5.06µg (7.24%), Vitamin B1: 0.1mg (6.74%), Vitamin A: 310.19IU (6.2%), Magnesium: 24.48mg (6.12%), Folate: 23.63µg (5.91%), Vitamin E: 0.8mg (5.35%), Fiber: 1g (4.01%), Zinc: 0.53mg (3.52%), Vitamin B3: 0.63mg (3.14%), Vitamin B5: 0.27mg (2.75%), Vitamin K: 2.68µg (2.55%), Vitamin B12: 0.11µg (1.79%), Vitamin B6: 0.04mg (1.76%)