



## Chocolate Covered Brownie Bites

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



164 kcal

DESSERT

### Ingredients

- 19.8 ounce brownie mix
- 1 teaspoon butter
- 14 ounce eagle brand® condensed milk sweetened canned (NOT evaporated milk)
- 8 ounces semi-sweet baking chocolate
- 1 teaspoon vanilla

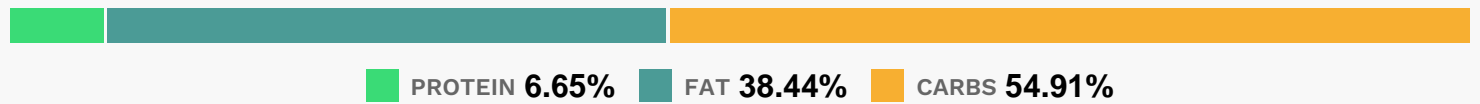
### Equipment

- sauce pan
- oven

## Directions

- Preheat oven to 350 degrees F. Prepare brownie mix per package directions.
- Bake.
- Remove from oven; while warm, cut the baked brownie into pieces and roll into balls.
- Let cool.
- In saucepan, add EAGLE BRAND® and chocolate. Stir slowly until chocolate is melted.
- Add vanilla and butter; mix well. Keeping chocolate mixture warm, dip brownie balls in chocolate until coated.
- Place on rack for excess chocolate to drip off. Leave plain or decorate with chopped nuts, candy sprinkles, confectioners' sugar or confectioners' glitter.

## Nutrition Facts



## Properties

Glycemic Index:3.7, Glycemic Load:4.39, Inflammation Score:-2, Nutrition Score:3.7334782727387%

## Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg

## Nutrients (% of daily need)

Calories: 164.44kcal (8.22%), Fat: 7.5g (11.55%), Saturated Fat: 3.75g (23.41%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 22.87g (8.31%), Sugar: 16.56g (18.4%), Cholesterol: 4.86mg (1.62%), Sodium: 74.34mg (3.23%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Caffeine: 6.05mg (2.02%), Protein: 2.92g (5.84%), Manganese: 0.32mg (15.81%), Copper: 0.25mg (12.32%), Iron: 1.87mg (10.37%), Magnesium: 28.18mg (7.04%), Phosphorus: 63.76mg (6.38%), Zinc: 0.85mg (5.68%), Fiber: 1.25g (5.02%), Calcium: 45.26mg (4.53%), Vitamin B2: 0.06mg (3.69%), Selenium: 2.57µg (3.67%), Potassium: 112.07mg (3.2%), Vitamin B1: 0.02mg (1.54%), Vitamin B5: 0.11mg (1.12%)