



Chocolate Turtle Brownie Sundaes

READY IN



78 min.

SERVINGS



16

CALORIES



200 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 10 small individually wrapped caramels soft
- 1 large eggs
- 1 large egg whites
- 1 tablespoon skim milk fat-free
- 0.7 cup flour all-purpose
- 4 cups vanilla yogurt frozen low-fat
- 16 servings topping
- 2 tablespoons pecans coarsely chopped

- 3 tablespoons stick margarine
- 1 cup sugar
- 1 ounce baker's chocolate unsweetened
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 2 tablespoons water

Equipment

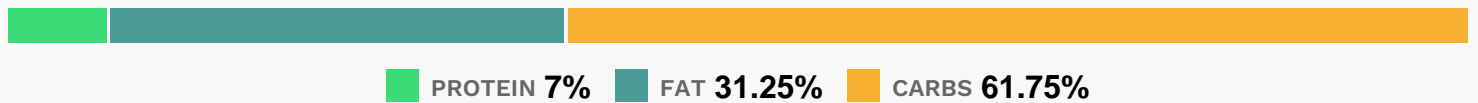
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- baking pan
- microwave
- measuring cup

Directions

- Prepare Fudge Sauce.
- Preheat oven to 35
- To prepare brownies, coat bottom of an 8-inch square baking pan with cooking spray.
- Combine butter and chocolate in a large microwave-safe bowl. Microwave at high 1 minute, and stir until melted.
- Add egg and egg white, stirring with a whisk. Stir in water and vanilla. Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour, sugar, cocoa, and baking powder, and stir into chocolate mixture.
- Spread half of batter in bottom of prepared pan.

- Combine milk and candies in a small microwave-safe bowl. Microwave at high 1 1/2 minutes, and stir until melted.
- Drizzle caramel mixture over batter in pan; sprinkle with pecans. Drop remaining batter by tablespoonfuls over pecans.
- Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out almost clean. Cool completely on a wire rack.
- Cut into 16 squares.
- To prepare the sundaes, top each brownie with 1/4 cup frozen yogurt and 2 tablespoons Fudge Sauce.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:14.78, Inflammation Score:-3, Nutrition Score:4.6669565193031%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 6.04mg, Epicatechin: 6.04mg, Epicatechin: 6.04mg, Epicatechin: 6.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 199.88kcal (9.99%), Fat: 7.31g (11.24%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 32.49g (10.83%), Net Carbohydrates: 31.25g (11.36%), Sugar: 25.77g (28.64%), Cholesterol: 12.82mg (4.27%), Sodium: 98.88mg (4.3%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Caffeine: 5.61mg (1.87%), Protein: 3.68g (7.36%), Manganese: 0.25mg (12.26%), Phosphorus: 94.75mg (9.48%), Vitamin B2: 0.16mg (9.36%), Copper: 0.17mg (8.54%), Calcium: 77.85mg (7.79%), Selenium: 5µg (7.15%), Magnesium: 24.86mg (6.21%), Iron: 1.04mg (5.76%), Vitamin B1: 0.08mg (5.03%), Fiber: 1.25g (4.98%), Potassium: 155.86mg (4.45%), Zinc: 0.62mg (4.13%), Vitamin A: 197.63IU (3.95%), Folate: 14.92µg (3.73%), Vitamin B5: 0.37mg (3.71%), Vitamin B12: 0.16µg (2.69%), Vitamin B3: 0.51mg (2.54%), Vitamin B6: 0.05mg (2.31%), Vitamin E: 0.24mg (1.62%)