



Christmas Candy Brownie Mix

 Dairy Free

READY IN



85 min.

SERVINGS



16

CALORIES



217 kcal

DESSERT

Ingredients

- ☐ 1 cup m&m candies green red
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 cup flour all-purpose
- ☐ 0.7 cup brown sugar packed
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup walnut pieces coarsely chopped

- ☐ 0.7 cup vegetable oil
- ☐ 1 teaspoon vanilla
- ☐ 3 eggs

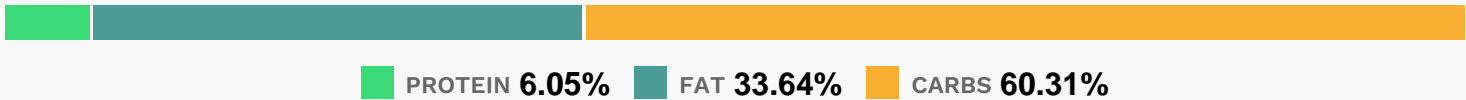
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Place 2 tablespoons of the chocolate candies in small resealable food storage plastic bag; seal. In 1-quart glass jar, layer in order the 1/2 cup plus 2 tablespoons flour, salt, remaining chocolate candies, cocoa, 1/2 cup flour, brown sugar, granulated sugar and walnuts.
- ☐ Place candies in bag on top of the walnuts. Cover tightly. If desired, cover lid with 7 to 8-inch square of fabric tied with ribbon or raffia. Attach tag with recipe and baking directions.
- ☐ To make brownies, heat oven to 350°F. Grease 8- or 9-inch square pan. Set aside candies in plastic bag. In large bowl, mix contents of jar with oil, vanilla and eggs. (If brown sugar has become slightly firm, break up with fork.) With spoon beat about 30 strokes until well blended. Spoon and spread in pan.
- ☐ Sprinkle candies from bag over top.
- ☐ Bake 35 to 40 minutes or until set. Cool completely, about 45 minutes. For brownies, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:10.18, Inflammation Score:-2, Nutrition Score:3.9321739375591%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 217.19kcal (10.86%), Fat: 8.37g (12.88%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 32.31g (11.75%), Sugar: 25.55g (28.39%), Cholesterol: 32.64mg (10.88%), Sodium: 169.18mg (7.36%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Caffeine: 4.12mg (1.37%), Protein: 3.39g (6.77%), Manganese: 0.26mg (12.82%), Selenium: 5.78µg (8.25%), Copper: 0.15mg (7.42%), Iron: 1.09mg (6.07%), Fiber: 1.47g (5.88%), Folate: 22.42µg (5.61%), Vitamin B1: 0.08mg (5.23%), Vitamin B2: 0.09mg (5.17%), Phosphorus: 50.96mg (5.1%), Magnesium: 18.28mg (4.57%), Calcium: 34.56mg (3.46%), Vitamin K: 3.53µg (3.36%), Vitamin B3: 0.56mg (2.79%), Zinc: 0.4mg (2.67%), Potassium: 75.86mg (2.17%), Vitamin B6: 0.04mg (2.15%), Vitamin B5: 0.2mg (1.98%), Vitamin E: 0.27mg (1.78%), Vitamin A: 74.4IU (1.49%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)