



## Coconut-Candy Bar Brownies

READY IN



135 min.

SERVINGS



15

CALORIES



578 kcal

DESSERT

### Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter
- 3 eggs
- 7 oz baker's angel flake coconut ( 2-)
- 1 cup flour
- 8 oz baker's semi-sweet chocolate
- 2 cups sugar
- 0.5 cup condensed milk sweetened canned
- 1 tsp vanilla

- 1 cup planters walnuts coarsely chopped
- 1 cup whipping cream

## Equipment

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

## Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides. Microwave unsweetened chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted and mixture is well blended.
- Add sugar; mix well. Blend in eggs and vanilla.
- Add flour and nuts; mix well.
- Pour into prepared pan.
- Bake 30 to 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool completely.
- Combine coconut and milk; spread over dessert. Bring cream just to boil in small saucepan on low heat.
- Pour over semi-sweet chocolate in medium bowl; let stand 1 min. Beat with whisk until chocolate is completely melted and mixture is well blended. Cool to room temperature, stirring frequently.
- Spread semi-sweet chocolate mixture over coconut layer on brownie. Refrigerate 45 min. or until chocolate layer is firm. Use foil handles to remove brownie from pan before cutting to serve.

# Nutrition Facts

PROTEIN 4.85% FAT 59.75% CARBS 35.4%

## Properties

Glycemic Index:15.07, Glycemic Load:26.71, Inflammation Score:-7, Nutrition Score:12.922174062418%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg 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: 578.43kcal (28.92%), Fat: 40.13g (61.73%), Saturated Fat: 20.22g (126.36%), Carbohydrates: 53.5g (17.83%), Net Carbohydrates: 48.13g (17.5%), Sugar: 39.51g (43.9%), Cholesterol: 55.04mg (18.35%), Sodium: 145.6mg (6.33%), Alcohol: 0.1g (100%), Alcohol %: 0.1% (100%), Caffeine: 19.05mg (6.35%), Protein: 7.33g (14.65%), Manganese: 1.21mg (60.33%), Copper: 0.69mg (34.31%), Fiber: 5.37g (21.47%), Magnesium: 82.59mg (20.65%), Iron: 3.53mg (19.59%), Phosphorus: 187.85mg (18.79%), Selenium: 12.38µg (17.69%), Vitamin A: 723.1IU (14.46%), Zinc: 1.94mg (12.96%), Vitamin B2: 0.2mg (11.95%), Potassium: 334.4mg (9.55%), Vitamin B1: 0.13mg (8.86%), Folate: 32.21µg (8.05%), Calcium: 77.41mg (7.74%), Vitamin B6: 0.12mg (5.96%), Vitamin E: 0.84mg (5.63%), Vitamin B5: 0.51mg (5.06%), Vitamin B3: 0.93mg (4.65%), Vitamin B12: 0.19µg (3.12%), Vitamin D: 0.45µg (3%), Vitamin K: 2.69µg (2.56%)