



Coconut-Pecan-Frosted Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



43 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 5 ounce chocolate pudding mix
- ☐ 4 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 1.5 cups sugar
- ☐ 2 teaspoons vanilla extract

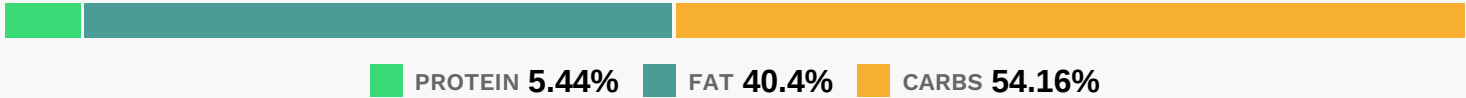
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine first 4 ingredients in a large bowl; add butter, eggs, and vanilla, stirring until blended. Stir in pecans.
- ☐ Spread into a greased and floured 15- x 10-inch jellyroll pan.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.
- ☐ Spread with frosting.
- ☐ Cut brownies into 1-inch squares.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:0.83652173549585%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 42.54kcal (2.13%), Fat: 1.94g (2.99%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.02g (4.47%), Cholesterol: 7.44mg (2.48%), Sodium: 38.11mg (1.66%), Alcohol: 0.03g (100%), Alcohol %: 0.33% (100%), Protein: 0.59g (1.18%), Manganese: 0.07mg (3.4%), Selenium:

1.34µg (1.92%), Vitamin B1: 0.02mg (1.53%), Vitamin B2: 0.02mg (1.27%), Folate: 4.66µg (1.17%), Copper: 0.02mg (1.13%), Phosphorus: 11.17mg (1.12%), Vitamin A: 52.01IU (1.04%)