



## Cola Brownies

READY IN



110 min.

SERVINGS



24

CALORIES



226 kcal

DESSERT

## Ingredients

- 1 box brownie mix (1 lb 2.3 oz)
- 0.5 cup butter
- 0.5 cup buttermilk
- 0.3 cup coca-cola
- 0.5 cup coca-cola (from a 12-oz can)
- 1 eggs
- 0.5 pecans toasted chopped
- 4 cups powdered sugar
- 0.3 cup cocoa powder unsweetened

2 tablespoons vegetable oil

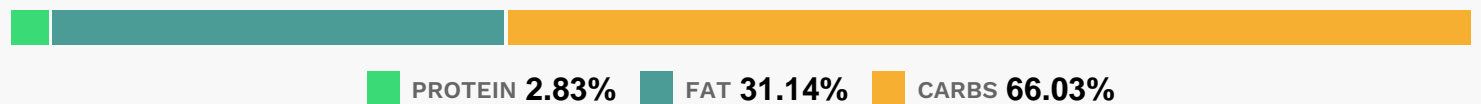
## Equipment

- bowl
- frying pan
- oven
- toothpicks
- microwave

## Directions

- Heat oven to 350 F. Spray bottom only of 13x9-inch pan with cooking spray.
- In medium bowl, stir brownie mix, oil, egg, cola and buttermilk until well blended.
- Spread into pan.
- Bake 24 to 28 minutes or until toothpick inserted 2-inches from side comes out clean or almost clean. Cool completely, about 1 hour.
- In medium microwavable bowl, microwave butter on HIGH 45 to 60 seconds, stirring once, until melted; stir in cocoa and cola. Gradually beat in powdered sugar.
- Spread frosting over brownies; sprinkle with pecans. For bars, cut into 6 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:6.96, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:1.2286956560515%

## Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 226.17kcal (11.31%), Fat: 7.99g (12.29%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 38.13g (12.71%), Net Carbohydrates: 37.79g (13.74%), Sugar: 31.03g (34.48%), Cholesterol: 7.37mg (2.46%), Sodium: 115.38mg (5.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Iron: 0.78mg (4.31%), Vitamin A: 187.32IU (3.75%),  
Vitamin K: 2.13µg (2.03%), Copper: 0.04mg (1.91%), Manganese: 0.04mg (1.85%), Vitamin E: 0.26mg (1.75%),  
Phosphorus: 16.34mg (1.63%), Vitamin B2: 0.02mg (1.45%), Selenium: 1µg (1.43%), Magnesium: 5.36mg (1.34%),  
Fiber: 0.33g (1.33%)