



Crunch Crust Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 19.8 oz fudge brownie mix – prepare for a 9 inch square pan
- ☐ 1 eggs
- ☐ 0.5 cup graham cracker crumbs
- ☐ 0.3 cup pecans toasted chopped
- ☐ 4 tablespoons butter salted melted
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water

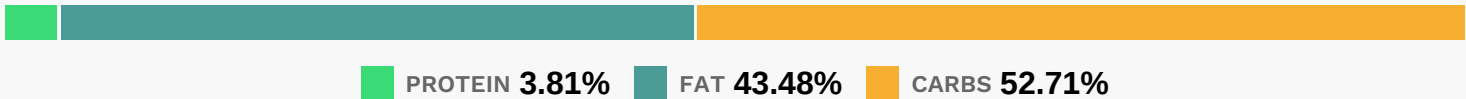
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 F (or use whatever setting your mix states – I used Ghirardelli brand brownie mix and the directions stated 325).Line a 9 inch square metal pan with foil and spray with flour-added cooking spray (or just use non-stick foil).
- ☐ Combine first 4 ingredients in a mixing bowl and stir well. Press mixture into a greased 9-inch square pan. Set aside. In the same mixing bowl combine the brownie mix, hot water, oil, and egg; mix with a wooden spoon until blended, then carefully spoon over crumb mixture.
- ☐ Bake at 325 for 40 minutes. Cool completely, then chill briefly. Lift foil from pan and cut into large squares.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:1.42, Inflammation Score:-1, Nutrition Score:1.5665217490624%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 248.73kcal (12.44%), Fat: 12.13g (18.66%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 33.08g (11.03%),
Net Carbohydrates: 32.84g (11.94%), Sugar: 21.41g (23.79%), Cholesterol: 17.75mg (5.92%), Sodium: 147.3mg (6.4%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Iron: 1.21mg (6.71%), Vitamin K: 6.57µg (6.26%),
Manganese: 0.07mg (3.63%), Vitamin E: 0.41mg (2.74%), Vitamin A: 103.18IU (2.06%), Phosphorus: 16.01mg (1.6%),
Selenium: 0.98µg (1.4%), Vitamin B2: 0.02mg (1.3%), Copper: 0.02mg (1.18%), Vitamin B1: 0.02mg (1.16%), Zinc:
0.16mg (1.07%), Magnesium: 4.17mg (1.04%)