



Dark Chocolate Caramel Brownies

READY IN



125 min.

SERVINGS



24

CALORIES



273 kcal

DESSERT

Ingredients

- 1 box chocolate cake mix dark
- 0.8 cup butter melted
- 0.7 cup evaporated milk
- 1 cup pecans chopped
- 14 oz individually wrapped caramels
- 6 oz semi chocolate chips

Equipment

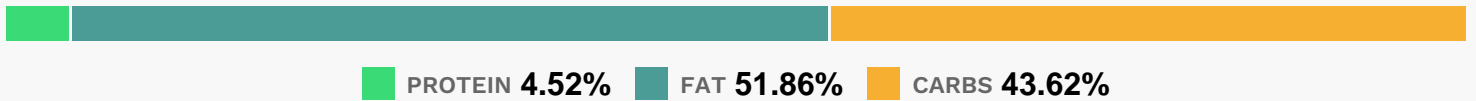
- bowl

- frying pan
- sauce pan
- oven
- wire rack
- toothpicks

Directions

- Heat oven to 350°F. Grease 13x9-inch pan with shortening or cooking spray.
- In large bowl, stir together cake mix, butter, 1/3 cup of the milk and the pecans until well blended. Press half of dough in bottom of pan.
- Bake 6 minutes.
- Meanwhile, in 2-quart saucepan, heat caramels and remaining 1/3 cup milk over low heat, stirring constantly, until smooth.
- Sprinkle chocolate chips evenly over partially baked crust. Spoon caramel mixture over chocolate chips.
- Sprinkle remaining dough over caramel mixture.
- Bake 20 minutes or until toothpick inserted 1 inch from side of pan comes out almost clean (brownies will not be completely set). Cool on cooling rack 30 minutes. Refrigerate 1 hour.
- Cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:8.3, Inflammation Score:-3, Nutrition Score:5.1047826430396%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

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Nutrients (% of daily need)

Calories: 273.09kcal (13.65%), Fat: 16.37g (25.19%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 29.55g (10.75%), Sugar: 21.21g (23.57%), Cholesterol: 3.61mg (1.2%), Sodium: 264.04mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.08mg (2.69%), Protein: 3.21g (6.43%), Manganese: 0.34mg (17.03%), Phosphorus: 114.3mg (11.43%), Copper: 0.22mg (10.95%), Iron: 1.41mg (7.83%), Magnesium: 31.13mg (7.78%), Calcium: 77.79mg (7.78%), Vitamin B2: 0.11mg (6.19%), Fiber: 1.43g (5.74%), Vitamin A: 284.05IU (5.68%), Vitamin B1: 0.08mg (5.59%), Potassium: 177.79mg (5.08%), Selenium: 3.46µg (4.94%), Zinc: 0.66mg (4.43%), Vitamin E: 0.61mg (4.08%), Folate: 13.45µg (3.36%), Vitamin B5: 0.24mg (2.38%), Vitamin B3: 0.44mg (2.2%), Vitamin B6: 0.03mg (1.62%), Vitamin K: 1.69µg (1.61%), Vitamin B12: 0.08µg (1.34%)