



Double Chocolate Brownies With Caramel Frosting

READY IN



45 min.

SERVINGS



32

CALORIES



233 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup butter
- ☐ 1 cup butter softened
- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon plus light
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 12 large marshmallows

- ☐ 0.8 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 ounce bittersweet chocolate
- ☐ 0.8 cup semisweet chocolate morsels
- ☐ 2 cups sugar
- ☐ 2 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

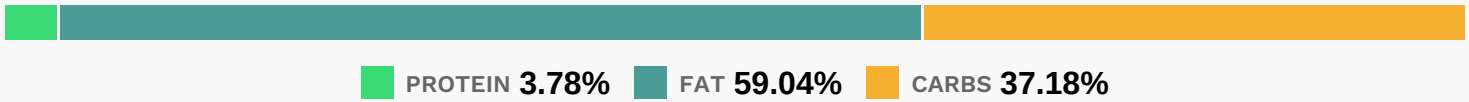
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ microwave
- ☐ candy thermometer

Directions

- ☐ Microwave chocolate squares in a small microwave-safe bowl at MEDIUM (50% power) for 30-second intervals until melted (about 1 1/2 minutes total time). Stir chocolate until smooth.
- ☐ Beat 1 cup butter and 2 cups sugar at medium speed with an electric mixer until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Add melted chocolate, beating just until blended.
- ☐ Add flour and salt, beating at low speed just until blended. Stir in vanilla, 1/2 cup pecans, and 1/2 cup chocolate morsels.
- ☐ Spread batter into a greased and floured 13- x 9-inch baking pan.

- ☐ Sprinkle with remaining 1/4 cup pecans and 1/4 cup chocolate morsels.
- ☐ Bake at 350 for 40 minutes or until set. Cool completely on a wire rack.
- ☐ Melt 3/4 cup butter in a large saucepan over low heat. Stir in 2 cups sugar, buttermilk, marshmallows, corn syrup, and baking soda. Cook over medium heat, stirring occasionally, 20 to 25 minutes or until a candy thermometer registers 234 (soft-ball stage).
- ☐ Remove from heat, and pour mixture immediately into a large mixing bowl. Beat mixture with an electric mixer at high speed 5 minutes or until mixture thickens and begins to lose its gloss.
- ☐ Spread Caramel Frosting evenly over brownies.
- ☐ [B "Note:"] Freeze brownies in an airtight container up to 1 month.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:12.34, Inflammation Score:-3, Nutrition Score:3.821739146162%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 232.86kcal (11.64%), Fat: 15.76g (24.25%), Saturated Fat: 8.69g (54.32%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 21.23g (7.72%), Sugar: 17.06g (18.96%), Cholesterol: 50.71mg (16.9%), Sodium: 149.84mg (6.51%), Alcohol: 0.04g (100%), Alcohol %: 0.1% (100%), Caffeine: 6.57mg (2.19%), Protein: 2.27g (4.54%), Manganese: 0.29mg (14.36%), Copper: 0.17mg (8.72%), Vitamin A: 354.46IU (7.09%), Selenium: 4.37µg (6.24%), Iron: 1.05mg (5.85%), Magnesium: 21.45mg (5.36%), Phosphorus: 52.07mg (5.21%), Fiber: 1.1g (4.42%), Vitamin B2: 0.07mg (4.05%), Zinc: 0.57mg (3.82%), Vitamin B1: 0.06mg (3.72%), Folate: 11.68µg (2.92%), Vitamin E: 0.43mg (2.89%), Potassium: 79.61mg (2.27%), Calcium: 18.84mg (1.88%), Vitamin B5: 0.18mg (1.82%), Vitamin B12: 0.1µg (1.75%), Vitamin B3: 0.35mg (1.74%), Vitamin K: 1.6µg (1.52%), Vitamin D: 0.17µg (1.16%), Vitamin B6: 0.02mg (1.08%)