



Double Chocolate-Caramel-Fudge Brownies

READY IN



180 min.

SERVINGS



24

CALORIES



377 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 14 oz individually wrapped caramels
- ☐ 2 cups bittersweet chocolate (11.5)
- ☐ 4 eggs slightly beaten
- ☐ 0.5 cup evaporated milk
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon cooking oil
- ☐ 1.5 cups pecans chopped
- ☐ 0.3 teaspoon salt

- ☐ 2 cups sugar
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla

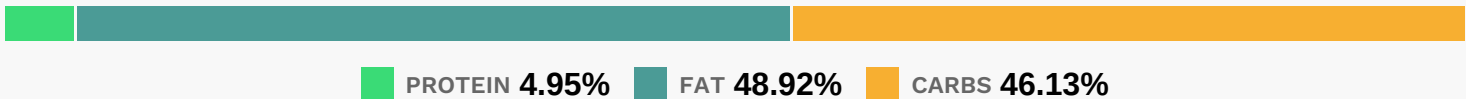
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350F. Grease 13x9-inch pan. In small saucepan, cook caramels and milk over low heat until caramels are melted and smooth, stirring frequently.
- ☐ In medium saucepan, melt butter over low heat.
- ☐ Remove from heat. Stir in sugar, vanilla and eggs. Stir in flour, cocoa and salt until well blended. Stir in 1 1/2 cups of the chocolate chunks and 1 cup of the pecans. Spoon and spread batter in pan.
- ☐ Gently and evenly drizzle caramel filling over batter to prevent large pockets of caramel and to prevent caramel from reaching bottom of bars. (Caramel can cover entire surface of batter.)
- ☐ Bake 35 to 40 minutes or until set.
- ☐ In small saucepan, melt remaining 1/2 cup chocolate chunks with oil over low heat, stirring until smooth.
- ☐ Drizzle over warm brownies.
- ☐ Sprinkle with remaining 1/2 cup pecans; press in lightly. Cool 20 minutes. Refrigerate 1 hour 30 minutes or until chocolate is set.
- ☐ Cut into squares. If refrigerated longer, let stand at room temperature for 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:23.54, Inflammation Score:-4, Nutrition Score:7.820434882589%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 376.5kcal (18.82%), Fat: 21.25g (32.69%), Saturated Fat: 9.62g (60.1%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 42.09g (15.3%), Sugar: 33.76g (37.51%), Cholesterol: 51.17mg (17.06%), Sodium: 143.88mg (6.26%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 18.72mg (6.24%), Protein: 4.84g (9.68%), Manganese: 0.65mg (32.65%), Copper: 0.39mg (19.28%), Magnesium: 53.93mg (13.48%), Phosphorus: 129.86mg (12.99%), Fiber: 2.99g (11.96%), Iron: 1.94mg (10.79%), Selenium: 6.94µg (9.91%), Vitamin B2: 0.15mg (9.05%), Vitamin B1: 0.13mg (8.39%), Zinc: 1.14mg (7.61%), Potassium: 222.95mg (6.37%), Vitamin A: 306.56IU (6.13%), Calcium: 61.35mg (6.13%), Folate: 19.08µg (4.77%), Vitamin E: 0.6mg (3.99%), Vitamin B5: 0.4mg (3.97%), Vitamin B3: 0.69mg (3.45%), Vitamin B12: 0.17µg (2.76%), Vitamin B6: 0.05mg (2.5%), Vitamin K: 2.51µg (2.39%), Vitamin D: 0.15µg (1.01%)