



Easy Caramel Pecan Brownies

 Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



5205 kcal

DESSERT

Ingredients

- 19 oz brownie mix (13x9-inch pan size)
- 11 oz caramel bits kraft
- 2 cups planters pecan halves divided
- 0.3 cup whipping cream

Equipment

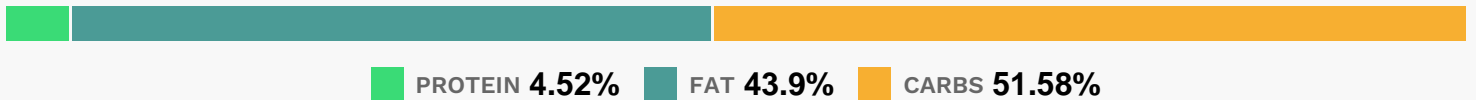
- bowl
- frying pan
- oven

- baking pan
- aluminum foil
- microwave

Directions

- Preheat oven to 350F. Line 13x9-inch baking pan with foil, with ends of foil extending over sides of pan. Generously grease foil. Prepare brownie batter as directed on package; spread half of the batter into prepared pan. Cover remaining batter; set aside.
- Bake 20 min. or until top is firm to the touch. Meanwhile, microwave caramel bits and whipping cream in medium microwaveable bowl on HIGH 2 min., stirring every 30 sec. or until caramel bits begin to melt; stir until completely melted.
- Add 1 cup of the pecans; mix well.
- Spread over partially baked brownie; top with remaining brownie batter. (Some caramel may peek through batter.)
- Sprinkle with remaining pecans.
- Bake an additional 25 min. or until top is firm to the touch. Cool completely. Use foil handles to lift dessert from pan before cutting to serve. Store in covered container at room temperature.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:156.93, Inflammation Score:-9, Nutrition Score:48.694782609525%

Flavonoids

Cyanidin: 21.27mg, Cyanidin: 21.27mg, Cyanidin: 21.27mg, Cyanidin: 21.27mg Delphinidin: 14.41mg, Delphinidin: 14.41mg, Delphinidin: 14.41mg, Delphinidin: 14.41mg Catechin: 14.34mg, Catechin: 14.34mg, Catechin: 14.34mg, Catechin: 14.34mg Epigallocatechin: 11.15mg, Epigallocatechin: 11.15mg, Epigallocatechin: 11.15mg, Epigallocatechin: 11.15mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3-gallate: 4.55mg, Epigallocatechin 3-gallate: 4.55mg, Epigallocatechin 3-gallate: 4.55mg, Epigallocatechin 3-gallate: 4.55mg

Nutrients (% of daily need)

Calories: 5204.57kcal (260.23%), Fat: 261.63g (402.51%), Saturated Fat: 52.26g (326.65%), Carbohydrates: 691.65g (230.55%), Net Carbohydrates: 672.64g (244.6%), Sugar: 481.6g (535.11%), Cholesterol: 111.48mg (37.16%), Sodium: 2358.27mg (102.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.61g (121.22%), Manganese: 8.95mg (447.25%), Copper: 2.44mg (122.04%), Iron: 20.66mg (114.78%), Vitamin B1: 1.64mg (109.59%), Phosphorus: 949.98mg (95%), Fiber: 19.01g (76.03%), Magnesium: 298.15mg (74.54%), Vitamin B2: 1.2mg (70.87%), Zinc: 10.53mg (70.21%), Calcium: 621.31mg (62.13%), Potassium: 1554.51mg (44.41%), Vitamin B5: 3.84mg (38.44%), Vitamin E: 4.94mg (32.91%), Vitamin B6: 0.62mg (30.91%), Vitamin A: 1408.05IU (28.16%), Selenium: 15.52µg (22.17%), Vitamin B12: 1.06µg (17.71%), Folate: 59.21µg (14.8%), Vitamin K: 15.08µg (14.36%), Vitamin B3: 2.83mg (14.14%), Vitamin D: 1.27µg (8.46%), Vitamin C: 3.9mg (4.73%)