



Easy Chocolate-Caramel Brownies

READY IN



45 min.

SERVINGS



36

CALORIES



123 kcal

DESSERT

Ingredients

- ☐ 15 ounce devil's food cake mix gluten-free such as Betty Crocker
- ☐ 7 tablespoons butter melted
- ☐ 8 ounces caramel candies soft
- ☐ 1 large egg white lightly beaten
- ☐ 2 tablespoons milk fat-free
- ☐ 1 teaspoon flour gluten-free red all-purpose such as Bob's Mill
- ☐ 0.5 cup chocolate baking chips
- ☐ 0.5 cup condensed milk fat-free sweetened not evaporated milk

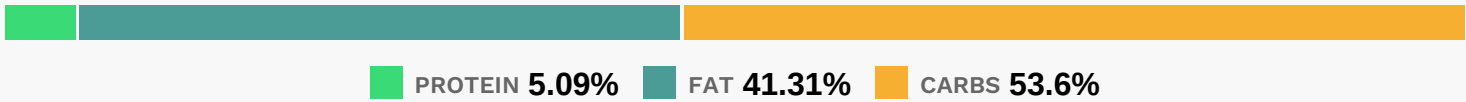
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Combine fat-free milk and candies in a bowl. Microwave at HIGH 1 1/2 to 2 minutes or until caramels melt and mixture is smooth, stirring with a whisk after every minute. Set aside.
- ☐ Combine sweetened condensed milk, cake mix, butter, and egg white in a bowl; stir well (batter will be very stiff). Coat bottom only of a 13 x 9inch metal baking pan with cooking spray; dust lightly with flour. Press two-thirds of batter into prepared pan using floured hands; pat evenly (layer will be thin).
- ☐ Bake at 350 for 10 minutes.
- ☐ Remove from oven; sprinkle with chocolate chips.
- ☐ Drizzle caramel mixture over chips; carefully drop remaining batter by spoonfuls over caramel mixture.
- ☐ Bake at 350 for 25 minutes or until done. Cool completely in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:4.58, Inflammation Score:-1, Nutrition Score:2.1617391326505%

Nutrients (% of daily need)

Calories: 123.26kcal (6.16%), Fat: 5.89g (9.07%), Saturated Fat: 2.73g (17.03%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 16.71g (6.08%), Sugar: 11.93g (13.26%), Cholesterol: 7.91mg (2.64%), Sodium: 137.9mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.45mg (1.15%), Protein: 1.63g (3.27%), Phosphorus: 58.01mg (5.8%), Calcium: 41.9mg (4.19%), Copper: 0.08mg (4.02%), Iron: 0.71mg (3.95%), Selenium: 2.64µg (3.78%), Vitamin B2: 0.06mg (3.53%), Magnesium: 12.38mg (3.1%), Manganese: 0.06mg (3.03%), Potassium: 85.94mg (2.46%), Vitamin B1: 0.03mg (2.12%), Folate: 8.18µg (2.04%), Fiber: 0.49g (1.96%), Vitamin A: 85.33IU (1.71%), Vitamin E: 0.24mg (1.63%), Zinc: 0.23mg (1.57%), Vitamin B3: 0.23mg (1.16%), Vitamin B5: 0.1mg (1.02%)