



Easy Chocolate-Caramel Brownies

READY IN



45 min.

SERVINGS



36

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 18.3 ounce duncan hines devil's food cake with pudding (such as pillsbury)
- ☐ 8 ounces individually wrapped caramels soft
- ☐ 1 large egg whites lightly beaten
- ☐ 1 teaspoon flour all-purpose
- ☐ 7 tablespoons stick margarine melted reduced-calorie
- ☐ 0.5 cup semi chocolate chips reduced-fat
- ☐ 2 tablespoons skim milk
- ☐ 0.5 cup condensed milk fat-free sweetened (not evaporated skim milk)

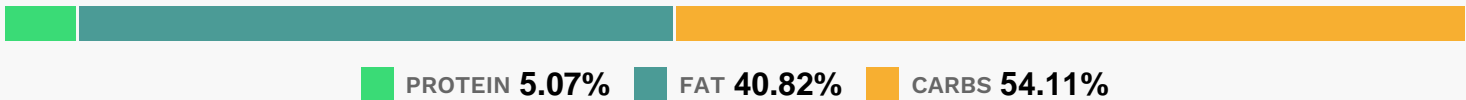
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Combine skim 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, margarine, and egg white in a bowl; stir well (batter will be very stiff). Coat bottom only of a 13 x 9-inch 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.
- ☐ Let cool completely in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:6.51, Glycemic Load:4.61, Inflammation Score:-2, Nutrition Score:2.4291304366096%

Nutrients (% of daily need)

Calories: 135.33kcal (6.77%), Fat: 6.4g (9.84%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 18.53g (6.74%), Sugar: 12.91g (14.34%), Cholesterol: 2.06mg (0.69%), Sodium: 168.63mg (7.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.73mg (1.24%), Protein: 1.79g (3.57%), Phosphorus: 64.99mg (6.5%), Calcium: 45.91mg (4.59%), Iron: 0.82mg (4.58%), Copper: 0.09mg (4.54%), Selenium: 2.95µg (4.22%), Vitamin B2: 0.06mg (3.79%), Magnesium: 13.63mg (3.41%), Manganese: 0.07mg (3.33%), Potassium: 95mg (2.71%), Vitamin B1: 0.04mg (2.45%), Folate: 9.81µg (2.45%), Vitamin A: 120.22IU (2.4%), Fiber: 0.55g (2.19%), Vitamin E: 0.3mg (1.99%), Zinc: 0.25mg (1.69%), Vitamin B3: 0.28mg (1.38%), Vitamin B5: 0.11mg (1.05%)