

Final Exam Brownies

READY IN



55 min.

SERVINGS



30

CALORIES



236 kcal

DESSERT

Ingredients

- 1 cup butter
- 4 eggs
- 1 cup flour all-purpose
- 2 cups marshmallows miniature
- 1 cup pecans chopped
- 1.5 cups semi chocolate chips divided
- 2 cups sugar
- 4 ounces baker's chocolate unsweetened chopped
- 1 teaspoon vanilla extract

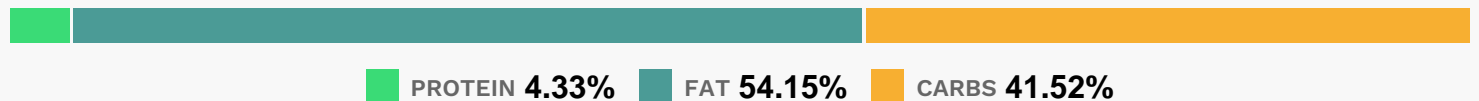
Equipment

- bowl
- oven
- wire rack
- baking pan
- microwave

Directions

- In a microwave, melt unsweetened chocolate and butter; stir until smooth. Cool.
- In a large bowl, beat the sugar, eggs, vanilla and chocolate mixture until smooth.
- Add flour and mix well. Fold in marshmallows, nuts and 1/2 cup chocolate chips.
- Spread into a greased 13-in. x 9-in. baking pan.
- Sprinkle with remaining chocolate chips.
- Bake at 350° for 40–45 minutes or until top is set. Cool on a wire rack.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:8.85, Glycemic Load:13.26, Inflammation Score:-3, Nutrition Score:4.9860869822619%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 236.28kcal (11.81%), Fat: 14.83g (22.81%), Saturated Fat: 7.51g (46.95%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 23.77g (8.64%), Sugar: 18.76g (20.85%), Cholesterol: 38.63mg (12.88%), Sodium: 61.69mg (2.68%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Caffeine: 10.76mg (3.59%), Protein: 2.67g (5.33%), Manganese: 0.47mg (23.57%), Copper: 0.29mg (14.63%), Iron: 1.63mg (9.06%), Magnesium: 34.45mg (8.61%), Fiber: 1.81g (7.25%), Phosphorus: 66.79mg (6.68%), Selenium: 4.63µg (6.61%), Zinc: 0.88mg (5.88%), Vitamin A: 227.31IU (4.55%), Vitamin B1: 0.07mg (4.53%), Vitamin B2: 0.07mg (3.86%), Potassium: 112.3mg (3.21%), Folate: 12.5µg (3.13%), Vitamin E: 0.36mg (2.39%), Vitamin B3: 0.43mg (2.13%), Vitamin B5: 0.18mg (1.81%), Calcium: 17.92mg (1.79%), Vitamin K: 1.7µg (1.62%), Vitamin B12: 0.08µg (1.35%), Vitamin B6: 0.02mg (1.19%)