



Frosted Cake Brownies

READY IN



45 min.

SERVINGS



30

CALORIES



163 kcal

DESSERT

Ingredients

- 1 package brownie mix (13-inch x 9-inch pan size)
- 1 cup chocolate frosting
- 1 cup milk chocolate chips
- 8 ounces cream sour
- 0.5 cup walnut pieces chopped

Equipment

- oven
- wire rack

baking pan

toothpicks

Directions

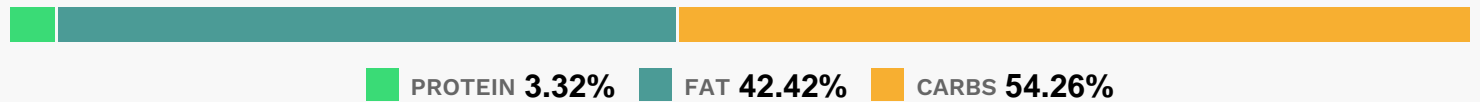
Prepare brownie mix according to package directions. Fold in the sour cream, chocolate chips and walnuts into batter.

Pour into a greased 13-in. x 9-in. baking pan.

Bake at 350° for 30–35 minutes or until a toothpick inserted near the center comes out clean. Cool completely on a wire rack. Frost.

Cut into bars.

Nutrition Facts



Properties

Glycemic Index:0.67, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.0630434732074%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 162.6kcal (8.13%), Fat: 7.84g (12.05%), Saturated Fat: 2.81g (17.59%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 22.35g (8.13%), Sugar: 16.52g (18.35%), Cholesterol: 4.46mg (1.49%), Sodium: 65.81mg (2.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Manganese: 0.09mg (4.27%), Iron: 0.65mg (3.59%), Copper: 0.05mg (2.37%), Phosphorus: 18.44mg (1.84%), Calcium: 14.43mg (1.44%), Potassium: 49.96mg (1.43%), Magnesium: 5.42mg (1.35%), Vitamin E: 0.16mg (1.07%)