



Frosted Coconut-Pecan Brownies

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



7887 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened melted
- 2.3 cups firmly brown sugar divided packed
- 0.8 cup butter melted (1-)
- 4 eggs
- 1 cup baker's angel flake coconut divided
- 1 cup flour
- 1.5 cups planters pecan halves divided
- 0.5 tsp salt

- 2 tsp vanilla
- 16 oz ready-to-spread vanilla frosting canned

Equipment

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

Directions

- Preheat oven to 350F. Reserve 32 pecan halves for garnish; coarsely chop remaining pecans. Beat eggs and 2 cups of the brown sugar in large bowl with wire whisk until well blended.
- Add butter, chocolate and vanilla; mix well. Stir in flour and salt until well blended.
- Add 1/2 cup of the coconut and 3/4 cup of the chopped pecans; stir.
- Pour batter into lightly greased 13x9-inch baking pan.
- Bake 30 min. Cool completely in pan on wire rack.
- Mix frosting, remaining 1/2 cup coconut, remaining 1/4 cup brown sugar and the remaining chopped pecans; spread over brownies.
- Cut into 32 pieces; top each with 1 pecan half. Store in tightly covered container at room temperature.

Nutrition Facts



PROTEIN 3.48% **FAT 49.34%** **CARBS 47.18%**

Properties

Glycemic Index:128, Glycemic Load:202.08, Inflammation Score:-10, Nutrition Score:78.002608983413%

Flavonoids

Cyanidin: 15.95mg, Cyanidin: 15.95mg, Cyanidin: 15.95mg, Cyanidin: 15.95mg Delphinidin: 10.81mg, Delphinidin: 10.81mg, Delphinidin: 10.81mg, Delphinidin: 10.81mg Catechin: 83.7mg, Catechin: 83.7mg, Catechin: 83.7mg, Catechin: 83.7mg Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg Epicatechin: 162.05mg, Epicatechin: 162.05mg, Epicatechin: 162.05mg, Epicatechin: 162.05mg Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg

Nutrients (% of daily need)

Calories: 7887.25kcal (394.36%), Fat: 449.59g (691.68%), Saturated Fat: 142.1g (888.16%), Carbohydrates: 967.42g (322.47%), Net Carbohydrates: 917.11g (333.49%), Sugar: 781.59g (868.44%), Cholesterol: 654.72mg (218.24%), Sodium: 4053.25mg (176.23%), Alcohol: 2.89g (100%), Alcohol %: 0.21% (100%), Caffeine: 90.72mg (30.24%), Protein: 71.31g (142.63%), Manganese: 14.98mg (749.1%), Copper: 6.67mg (333.55%), Iron: 39.45mg (219.17%), Fiber: 50.31g (201.24%), Vitamin B2: 3.25mg (191.42%), Selenium: 133.36µg (190.51%), Magnesium: 730.85mg (182.71%), Phosphorus: 1664.63mg (166.46%), Vitamin B1: 2.31mg (154.18%), Zinc: 22.98mg (153.2%), Vitamin A: 7123.4IU (142.47%), Vitamin E: 17.05mg (113.65%), Folate: 426.48µg (106.62%), Potassium: 3284.98mg (93.86%), Calcium: 835.07mg (83.51%), Vitamin K: 76.32µg (72.69%), Vitamin B3: 12.92mg (64.58%), Vitamin B5: 6.45mg (64.46%), Vitamin B6: 1.17mg (58.61%), Vitamin B12: 1.74µg (28.94%), Vitamin D: 3.52µg (23.47%), Vitamin C: 3.25mg (3.94%)