



Fudgy Peppermint Candy Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.5 cup butter
- ☐ 3 ounce baker's chocolate unsweetened
- ☐ 1.5 cups chocolate wafer crumbs
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 0.5 teaspoon peppermint extract (not flavoring)

- ☐ 10 nonpareils with yolk) chopped
- ☐ 14 nonpareils halved
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

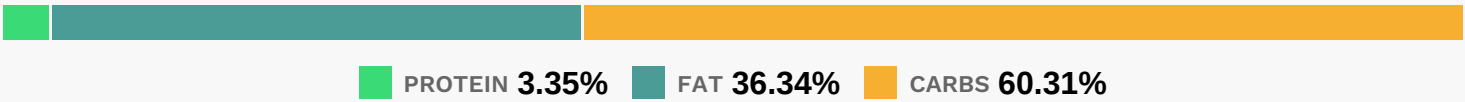
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Line a 9" square pan with foil, allowing foil to extend over ends of pan; grease foil. Stir together first 3 ingredients; press into prepared pan.
- ☐ Bake at 350 for 10 minutes.
- ☐ Sprinkle chopped peppermint patties over warm crust.
- ☐ While crust is baking, combine 1/2 cup butter and chocolate squares in a glass bowl. Microwave at HIGH 1 minute or until butter melts; stir until chocolate melts and mixture is smooth. Stir in sugar, eggs, vanilla, and peppermint extract.
- ☐ Add flour and salt; stir well.
- ☐ Pour over crust.
- ☐ Bake at 350 for 33 minutes.
- ☐ Remove from oven, and immediately sprinkle with halved peppermint patties.
- ☐ Bake 2 1/2 more minutes.
- ☐ Remove from oven, and let cool 1 minute.
- ☐ Spread and swirl softened patties over brownies. (Don't wait too long before swirling or candy may be too firm to spread.) Cool completely in pan on a wire rack. Lift brownies out of pan;

cut into squares.

Nutrition Facts



Properties

Glycemic Index:6.82, Glycemic Load:7.73, Inflammation Score:-2, Nutrition Score:2.9643478353872%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.03mg, Epicatechin: 4.03mg, Epicatechin: 4.03mg, Epicatechin: 4.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 262.65kcal (13.13%), Fat: 11.05g (17%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 41.27g (13.76%), Net Carbohydrates: 39.75g (14.46%), Sugar: 30.8g (34.22%), Cholesterol: 12.86mg (4.29%), Sodium: 116.8mg (5.08%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Protein: 2.29g (4.58%), Manganese: 0.23mg (11.37%), Copper: 0.14mg (6.9%), Iron: 1.22mg (6.8%), Fiber: 1.52g (6.09%), Vitamin A: 247.31IU (4.95%), Magnesium: 14.77mg (3.69%), Selenium: 2.36µg (3.38%), Phosphorus: 32.39mg (3.24%), Zinc: 0.45mg (2.98%), Vitamin B2: 0.05mg (2.86%), Vitamin B1: 0.04mg (2.79%), Potassium: 88.25mg (2.52%), Folate: 9.13µg (2.28%), Vitamin E: 0.3mg (2%), Vitamin B3: 0.34mg (1.7%), Calcium: 13.39mg (1.34%), Vitamin B5: 0.1mg (1.02%)