



HEALTH SCORE

55%

## Fudgy Toffee-Crunch Brownies



Vegetarian



Gluten Free

READY IN



68 min.

SERVINGS



1

CALORIES



8166 kcal

DESSERT

### Ingredients

- ☐ 35.2 oz fudge brownie mix dark with chocolate chunks (we tested with duncan hines chocolate lover's)
- ☐ 0.5 cup canola oil
- ☐ 12 oz chocolate-covered toffee bars with heath miniatures) miniature crushed
- ☐ 2 large eggs
- ☐ 1 tablespoon espresso granules instant
- ☐ 0.3 cup water

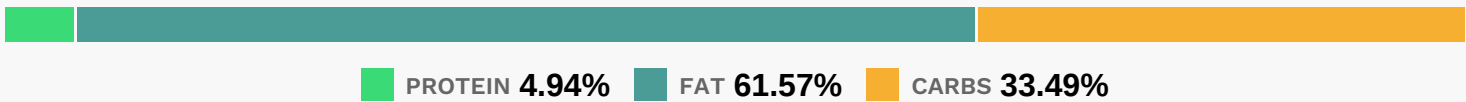
### Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

## Directions

- ☐ Beat first 4 ingredients at medium speed with an electric mixer for 3 minutes or until blended; stir in coffee granules and candy bars. Spoon batter into a lightly greased 13" x 9" pan, spreading evenly (batter will be very thick).
- ☐ Bake at 325 for 50 to 52 minutes or until center is set. Cool in pan on a wire rack.
- ☐ Cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:23, Glycemic Load:27.39, Inflammation Score:-10, Nutrition Score:66.771304420803%

## Nutrients (% of daily need)

Calories: 8165.58kcal (408.28%), Fat: 558.66g (859.47%), Saturated Fat: 309.62g (1935.14%), Carbohydrates: 683.74g (227.91%), Net Carbohydrates: 566.83g (206.12%), Sugar: 448.31g (498.13%), Cholesterol: 442.08mg (147.36%), Sodium: 314.64mg (13.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 1287.35mg (429.12%), Protein: 100.78g (201.57%), Manganese: 19.96mg (998.14%), Copper: 18.55mg (927.5%), Magnesium: 2560.89mg (640.22%), Iron: 105.53mg (586.25%), Fiber: 116.91g (467.65%), Phosphorus: 3855.5mg (385.55%), Zinc: 39.02mg (260.12%), Potassium: 8405.5mg (240.16%), Selenium: 138.29µg (197.55%), Vitamin K: 137.17µg (130.64%), Calcium: 931.87mg (93.19%), Vitamin E: 10.73mg (71.52%), Vitamin B2: 1.22mg (71.47%), Vitamin B3: 13.43mg (67.17%), Vitamin B12: 3.64µg (60.65%), Vitamin B5: 5.95mg (59.54%), Vitamin B6: 0.64mg (32%), Vitamin B1: 0.48mg (31.69%), Vitamin A: 1171.63IU (23.43%), Vitamin D: 2µg (13.33%), Folate: 47µg (11.75%)