



WHATSheATE

Ghirardelli Chocolate Caramel Brownies

READY IN



35 min.

SERVINGS



8

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 0.7 cup all purpose flour
- ☐ 0.3 tsp double-acting baking powder
- ☐ 0.5 cup ghirardelli bittersweet chocolate chips
- ☐ 16 ghirardelli chocolate caramel squares dark
- ☐ 1.3 cup ghirardelli ground chocolate and cocoa sweet
- ☐ 2 large eggs
- ☐ 0.3 tsp salt
- ☐ 0.3 cup sugar
- ☐ 4 oz butter unsalted melted

☐ 1 teaspoon vanilla

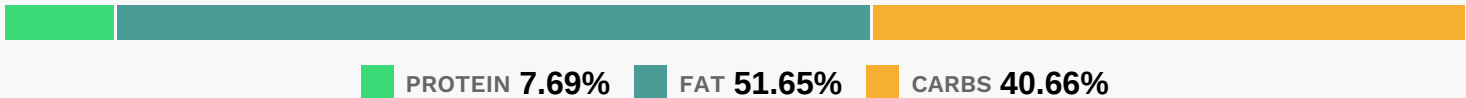
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square metal pan with non-stick foil or parchment.
- ☐ Whisk together eggs, sugar and vanilla.
- ☐ Add melted butter.Sift ground chocolate with flour, baking powder and salt and stir into egg mixture.
- ☐ Spread half the batter into prepared pan.
- ☐ Place chocolate covered caramel in single layer on top of batter. Cover with remaining batter.
- ☐ Spread with spoon to cover completely.
- ☐ Bake 20-30 minutes.
- ☐ Let cool.
- ☐ Cut into 9 squares.
- ☐ Place the chips in a heavy duty freezer bag (must be a freezer bag!). Microwave on high for 30 seconds. Massage bags to melt chips. Repeat until chips are melted. If your microwave has multiple levels, microwave for 1 minute on 60% power and massage bag at 1 minute intervals. Snip off a tiny bit from the bottom corner of the bag and drizzle over brownies.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:10.15, Inflammation Score:-6, Nutrition Score:10.28043469981%

Flavonoids

Catechin: 8.71mg, Catechin: 8.71mg, Catechin: 8.71mg, Catechin: 8.71mg Epicatechin: 26.4mg, Epicatechin: 26.4mg, Epicatechin: 26.4mg, Epicatechin: 26.4mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 331.27kcal (16.56%), Fat: 20.69g (31.83%), Saturated Fat: 13.78g (86.1%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 30.86g (11.22%), Sugar: 18.12g (20.14%), Cholesterol: 78.53mg (26.18%), Sodium: 144.95mg (6.3%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Caffeine: 31.63mg (10.54%), Protein: 6.93g (13.86%), Manganese: 0.61mg (30.4%), Copper: 0.56mg (27.85%), Fiber: 5.79g (23.16%), Magnesium: 75.28mg (18.82%), Phosphorus: 163.91mg (16.39%), Iron: 2.79mg (15.49%), Selenium: 10.06µg (14.36%), Vitamin B2: 0.18mg (10.7%), Zinc: 1.56mg (10.4%), Potassium: 330.73mg (9.45%), Calcium: 89.26mg (8.93%), Vitamin A: 437.37IU (8.75%), Folate: 32.03µg (8.01%), Vitamin B1: 0.11mg (7.44%), Vitamin E: 0.79mg (5.26%), Vitamin B3: 1.05mg (5.24%), Vitamin B5: 0.37mg (3.72%), Vitamin B12: 0.21µg (3.44%), Vitamin D: 0.46µg (3.08%), Vitamin B6: 0.06mg (2.84%), Vitamin K: 2.65µg (2.52%)