



Glazed Brownie Hearts



Vegetarian

READY IN



150 min.

SERVINGS



14

CALORIES



459 kcal

DESSERT

Ingredients



1 box brownie mix (1 lb 6.25 oz)



16 oz chocolate frosting



14 servings sugar



14 servings vegetable oil for on brownie mix box

Equipment



bowl



frying pan



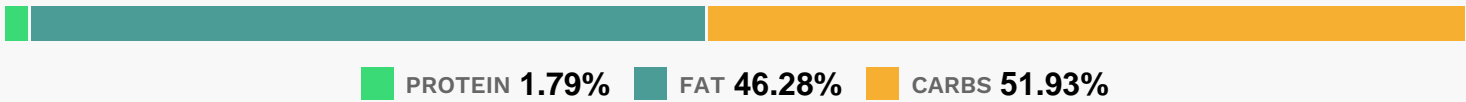
oven

- ☐ wire rack
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ microwave

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Line bottom and sides of 13x9-inch pan with foil. Grease bottom only of foil with shortening or cooking spray. Make brownie mix as directed on box for 13x9-inch pan. Cool completely, about 1 hour.
- ☐ Using foil to lift, remove brownie from pan.
- ☐ Remove foil. With deep 2 1/2-inch heart-shaped cookie cutter, cut 14 brownies.
- ☐ Place brownie hearts on a cooling rack or waxed paper.
- ☐ In microwavable bowl, microwave frosting uncovered on High 10 to 30 seconds or just until melted and spoonable, but still thick. DO NOT BOIL. Carefully spoon melted frosting over brownies to glaze, allowing excess to drip down sides.
- ☐ Sprinkle with candy sprinkles before frosting sets. Allow frosting to set, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:8.38, Inflammation Score:0, Nutrition Score:2.6439130647189%

Nutrients (% of daily need)

Calories: 459.24kcal (22.96%), Fat: 24.15g (37.15%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 60.95g (20.32%), Net Carbohydrates: 60.66g (22.06%), Sugar: 48.74g (54.15%), Cholesterol: 0mg (0%), Sodium: 165.78mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.21%), Vitamin K: 25.75µg (24.52%), Vitamin E: 1.65mg (11%), Iron: 1.49mg (8.29%), Manganese: 0.08mg (3.91%), Copper: 0.07mg (3.28%), Phosphorus: 25.6mg (2.56%), Potassium: 63.74mg (1.82%), Magnesium: 6.8mg (1.7%), Fiber: 0.29g (1.17%)