



## Glazed Brownie Hearts



Vegetarian



Popular

READY IN



175 min.

SERVINGS



10

CALORIES



485 kcal

DESSERT

### Ingredients

- ☐ 1 box brownie mix betty crocker® (1 lb 2.4 oz)
- ☐ 1 cup chocolate frosting betty crocker® (from 16 oz container)
- ☐ 10 servings sugar betty crocker®
- ☐ 10 servings vegetable oil for on brownie mix box

### Equipment

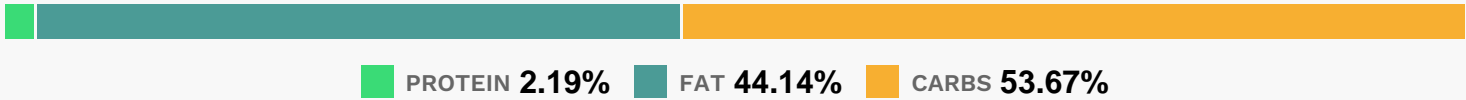
- ☐ bowl
- ☐ frying pan
- ☐ oven

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

## Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Line bottom and sides of 9-inch square pan with foil. Grease bottom only of foil with shortening or cooking spray. Make and bake brownie mix as directed on box. Cool completely, about 1 1/2 hours.
- ☐ Using foil to lift, remove brownie from pan; remove foil. With deep 2 1/2-inch heart-shaped cookie cutter, cut 10 brownies.
- ☐ Place brownie hearts on a cooling rack or waxed paper.
- ☐ In microwavable bowl, microwave frosting uncovered on High 10 to 20 seconds. Stir; frosting will be thick and spoonable. DO NOT BOIL. Carefully spoon melted frosting over brownies to glaze, allowing excess to drip down sides.
- ☐ Sprinkle with candy sprinkles before frosting sets.

## Nutrition Facts



## Properties

Glycemic Index:7.01, Glycemic Load:8.38, Inflammation Score:1, Nutrition Score:2.4460869640436%

## Nutrients (% of daily need)

Calories: 484.59kcal (24.23%), Fat: 24.19g (37.21%), Saturated Fat: 4.72g (29.47%), Carbohydrates: 66.17g (22.06%), Net Carbohydrates: 65.96g (23.99%), Sugar: 50.31g (55.9%), Cholesterol: 0mg (0%), Sodium: 190.4mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.39%), Vitamin K: 25.75µg (24.52%), Vitamin E: 1.5mg (9.99%), Iron: 1.76mg (9.79%), Manganese: 0.05mg (2.74%), Copper: 0.05mg (2.3%), Phosphorus: 17.85mg (1.79%), Potassium: 44.54mg (1.27%), Magnesium: 4.75mg (1.19%)