



Gluten-Free Caleb's Peppermint Brownie Cakes

READY IN



105 min.

SERVINGS



12

CALORIES



447 kcal

DESSERT

Ingredients

- 16 oz brownie mix gluten free
- 0.3 cup butter melted
- 3 eggs
- 12 nonpareils miniature
- 0.8 cup semi chocolate chips
- 3 candy canes gluten-free crushed ()

Equipment

- bowl
- frying pan
- oven
- wire rack
- microwave
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 12 regular-size muffin cups. In medium bowl, stir brownie mix, melted butter and eggs until well blended. Divide batter evenly among muffin cups.
- Place 1 peppermint patty on top of batter in each cup; press each patty into batter about 1/4 inch.
- Bake 18 to 22 minutes or until edges are firm. Cool 5 minutes; remove from pan onto cooling rack. Cool completely, about 1 hour.
- In small microwavable bowl, microwave chocolate chips uncovered on High about 1 minute or until softened; stir until smooth.
- Drizzle melted chocolate over top of each brownie cup.
- Sprinkle with crushed candy canes.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.4695652179096%

Nutrients (% of daily need)

Calories: 446.59kcal (22.33%), Fat: 16.85g (25.92%), Saturated Fat: 8.11g (50.66%), Carbohydrates: 70.4g (23.47%), Net Carbohydrates: 68.64g (24.96%), Sugar: 50.35g (55.94%), Cholesterol: 52.19mg (17.4%), Sodium: 169.57mg (7.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 4.87g (9.74%), Iron: 2.36mg (13.12%), Manganese: 0.15mg (7.61%), Copper: 0.15mg (7.42%), Fiber: 1.76g (7.04%), Selenium: 4.37µg (6.24%), Magnesium: 21.21mg (5.3%), Phosphorus: 52.17mg (5.22%), Vitamin A: 186.22IU (3.72%), Potassium: 127.83mg

(3.65%), Vitamin B2: 0.06mg (3.38%), Zinc: 0.44mg (2.96%), Vitamin B12: 0.13µg (2.1%), Vitamin B5: 0.21mg (2.08%), Vitamin E: 0.29mg (1.94%), Calcium: 19mg (1.9%), Vitamin D: 0.22µg (1.47%), Folate: 5.31µg (1.33%), Vitamin B6: 0.02mg (1.13%), Vitamin K: 1.17µg (1.12%)