



Gluten-Free German Chocolate Brownies

READY IN



120 min.

SERVINGS



16

CALORIES



276 kcal

DESSERT

Ingredients

- 16 oz brownie mix gluten free
- 0.3 cup butter melted
- 2 eggs
- 0.3 cup semisweet chocolate chips miniature
- 0.3 cup brown sugar packed
- 0.3 cup evaporated milk (from 5-oz can)
- 1 eggs
- 0.3 cup butter cut into pieces
- 0.8 cup coconut flakes flaked

- 0.3 cup pecans chopped
- 0.5 teaspoon vanilla pure

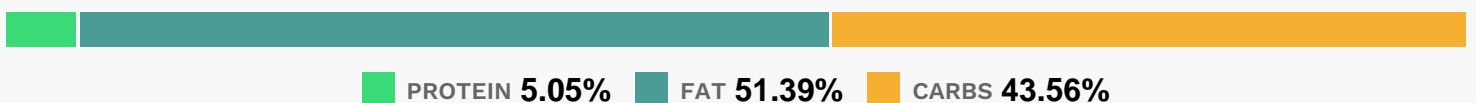
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 8- or 9-inch square pan with cooking spray (without flour).
- In medium bowl, stir brownie mix, melted butter, 2 eggs and the chocolate chips until well blended (batter will be thick).
- Spread batter in pan.
- Bake 8-inch pan 28 to 31 minutes, 9-inch pan 26 to 30 minutes, or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool in pan on cooling rack.
- Meanwhile, in 1-quart heavy saucepan, stir brown sugar, milk and 1 egg until well blended. Stir in cut-up butter. Cook over medium heat, stirring constantly, until mixture begins to bubble.
- Remove from heat. Stir in coconut, pecans and vanilla. Cool 15 minutes or until slightly thickened.
- Frost brownies. Cool completely, about 1 hour.
- Cut into 4 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.3482608885869%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 275.94kcal (13.8%), Fat: 15.99g (24.6%), Saturated Fat: 8.12g (50.75%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 29.33g (10.67%), Sugar: 20.83g (23.14%), Cholesterol: 47.69mg (15.9%), Sodium: 148.81mg (6.47%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Caffeine: 3.18mg (1.06%), Protein: 3.53g (7.06%), Manganese: 0.27mg (13.32%), Iron: 1.41mg (7.82%), Copper: 0.11mg (5.71%), Selenium: 3.91µg (5.59%), Phosphorus: 53mg (5.3%), Vitamin A: 237.49IU (4.75%), Fiber: 1.16g (4.65%), Magnesium: 15.66mg (3.91%), Vitamin B2: 0.07mg (3.86%), Zinc: 0.44mg (2.9%), Calcium: 28.76mg (2.88%), Potassium: 87.18mg (2.49%), Vitamin B5: 0.24mg (2.36%), Vitamin E: 0.33mg (2.2%), Vitamin B6: 0.04mg (1.84%), Vitamin B12: 0.1µg (1.68%), Vitamin B1: 0.02mg (1.65%), Folate: 5.41µg (1.35%), Vitamin D: 0.17µg (1.13%)