



Gluten-Free German Chocolate Brownies

 Gluten Free

READY IN



120 min.

SERVINGS



16

CALORIES



272 kcal

DESSERT

Ingredients

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

- 0.3 cup pecans chopped
- 0.3 cup semisweet chocolate chips miniature
- 0.5 teaspoon vanilla pure

Equipment

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

Directions

- Heat oven to 350F (325F 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



PROTEIN 4.53% FAT 54.84% CARBS 40.63%

Properties

Glycemic Index:6.88, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.5717391345812%

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: 272.25kcal (13.61%), Fat: 17.11g (26.32%), Saturated Fat: 8.89g (55.59%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 26.35g (9.58%), Sugar: 19.91g (22.12%), Cholesterol: 47.69mg (15.9%), Sodium: 202.54mg (8.81%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Caffeine: 3.18mg (1.06%), Protein: 3.18g (6.36%), Manganese: 0.27mg (13.32%), Fiber: 2.17g (8.7%), Iron: 1.34mg (7.44%), Copper: 0.11mg (5.71%), Selenium: 3.91µg (5.59%), Phosphorus: 53mg (5.3%), Vitamin A: 237.49IU (4.75%), 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 C: 1.4mg (1.69%), Vitamin B12: 0.1µg (1.68%), Vitamin B1: 0.02mg (1.65%), Folate: 5.41µg (1.35%), Vitamin D: 0.17µg (1.13%)