



## Gluten-Free Mexican Chocolate Brownies

 Dairy Free

READY IN



135 min.

SERVINGS



16

CALORIES



217 kcal

DESSERT

### Ingredients

- 3 cups corn flakes/bran flakes
- 3 tablespoons brown sugar packed
- 0.3 teaspoon baking soda
- 0.3 cup butter melted
- 16 oz brownie mix gluten free
- 0.3 cup butter melted
- 2 eggs

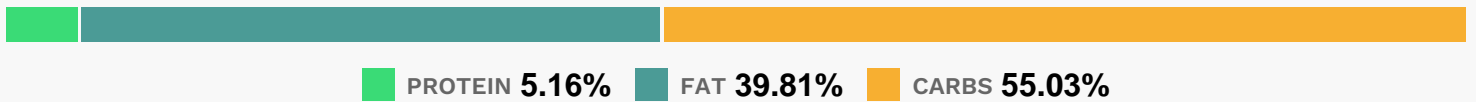
### Equipment

- bowl
- frying pan
- oven
- toothpicks
- ziploc bags
- rolling pin

## Directions

- Heat oven to 350°F. Spray bottom only of 8-inch square pan with cooking spray.
- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin to make about 1 1/2 cups.
- In medium bowl, mix cereal, brown sugar and baking soda; stir in 1/4 cup melted butter until well mixed. Reserve 1/3 cup cereal mixture for topping. Press remaining cereal mixture evenly in bottom of pan.
- Bake 5 minutes. Cool 5 minutes.
- Meanwhile, in medium bowl, stir brownie mix, 1/4 cup melted butter and the eggs until well blended. Drop batter by small spoonfuls over baked layer. Carefully spread over baked layer; sprinkle with reserved 1/3 cup cereal mixture.
- Bake 30 to 34 minutes or until brownies look dry and set. (Brownies will be soft; do not use toothpick test). Cool completely, about 1 1/2 hours. For brownies, cut into 4 rows by 4 rows. Store tightly covered.

## Nutrition Facts



## Properties

Glycemic Index:4.52, Glycemic Load:3.37, Inflammation Score:-5, Nutrition Score:5.4143478045969%

## Nutrients (% of daily need)

Calories: 217.04kcal (10.85%), Fat: 9.82g (15.11%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 30.55g (10.18%), Net Carbohydrates: 29.17g (10.61%), Sugar: 17.66g (19.62%), Cholesterol: 20.46mg (6.82%), Sodium: 215.71mg (9.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.73%), Iron: 3.01mg (16.72%), Manganese:

0.27mg (13.53%), Folate: 52.7µg (13.18%), Vitamin A: 470.94IU (9.42%), Selenium: 5.65µg (8.08%), Vitamin B2: 0.13mg (7.81%), Vitamin B12: 0.43µg (7.18%), Vitamin B6: 0.14mg (6.92%), Vitamin B1: 0.1mg (6.69%), Vitamin B3: 1.26mg (6.3%), Fiber: 1.37g (5.49%), Phosphorus: 46.29mg (4.63%), Magnesium: 18.25mg (4.56%), Zinc: 0.45mg (2.98%), Vitamin D: 0.36µg (2.38%), Vitamin E: 0.34mg (2.24%), Copper: 0.04mg (2.13%), Vitamin B5: 0.16mg (1.58%), Potassium: 53.54mg (1.53%), Calcium: 10.38mg (1.04%)