



## Gluten-Free Turtle Brownies



Gluten Free

READY IN



120 min.

SERVINGS



16

CALORIES



339 kcal

DESSERT

### Ingredients

- ☐ 1 box betty brownie mix gluten free
- ☐ 25 individually wrapped caramels
- ☐ 16 servings eggs for on brownie mix box
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 1 cup semi chocolate chips
- ☐ 2 tablespoons whipping cream

### Equipment

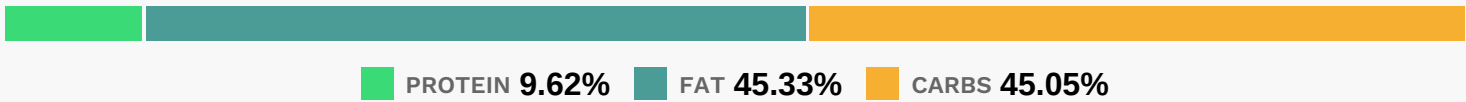
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ microwave

## Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Grease bottom of (8- or 9-inch) square pan. In medium bowl, stir together brownie mix, butter and eggs until blended.
- ☐ Spread 2/3 of batter in pan.
- ☐ Bake 10 minutes.
- ☐ Meanwhile, in medium microwavable bowl, microwave caramels and whipping cream uncovered on High 1 to 2 minutes, stirring every 30 seconds, until smooth.
- ☐ Drizzle caramel evenly over partially baked brownie.
- ☐ Sprinkle with half the chocolate chips and half the pecans. Drop remaining brownie batter by small spoonfuls onto caramel layer.
- ☐ Sprinkle with remaining chocolate chips and pecans.
- ☐ Bake 20 to 25 minutes longer or until top of brownie looks dry. Cool completely before cutting.
- ☐ Cut into squares, 4 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:4.69, Glycemic Load:7.84, Inflammation Score:-2, Nutrition Score:7.6308695933093%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 339kcal (16.95%), Fat: 17.44g (26.83%), Saturated Fat: 6.4g (40%), Carbohydrates: 38.99g (13%), Net Carbohydrates: 36.76g (13.37%), Sugar: 27.86g (30.96%), Cholesterol: 167.57mg (55.86%), Sodium: 238.9mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 8.33g (16.66%), Selenium: 14.92µg (21.31%), Manganese: 0.32mg (15.82%), Vitamin B2: 0.25mg (14.97%), Phosphorus: 144.71mg (14.47%), Iron: 2.32mg (12.88%), Copper: 0.22mg (10.8%), Fiber: 2.24g (8.95%), Vitamin B5: 0.84mg (8.39%), Magnesium: 31.99mg (8%), Vitamin B12: 0.46µg (7.7%), Zinc: 1.09mg (7.29%), Vitamin D: 0.91µg (6.07%), Calcium: 56.8mg (5.68%), Vitamin A: 279.26IU (5.59%), Folate: 22.13µg (5.53%), Potassium: 173.69mg (4.96%), Vitamin B6: 0.1mg (4.76%), Vitamin E: 0.67mg (4.43%), Vitamin B1: 0.06mg (4.01%), Vitamin C: 1.32mg (1.6%), Vitamin K: 1.4µg (1.34%)