



Gluten-Free Turtle Brownies

READY IN



120 min.

SERVINGS



16

CALORIES



284 kcal

DESSERT

Ingredients

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

Equipment

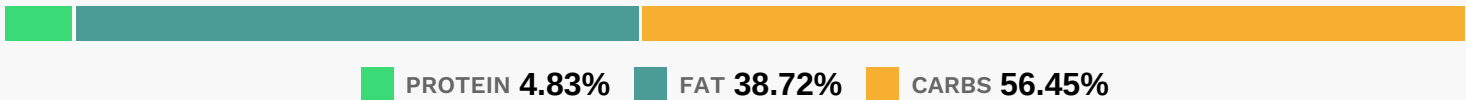
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F 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:-1, Nutrition Score:3.6182608889497%

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: 283.69kcal (14.18%), Fat: 12.4g (19.07%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 40.67g (13.56%), Net Carbohydrates: 39.45g (14.34%), Sugar: 28.63g (31.81%), Cholesterol: 14.12mg (4.71%), Sodium: 126.6mg (5.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 3.48g (6.96%), Manganese: 0.3mg (15.24%), Copper: 0.19mg (9.31%), Iron: 1.67mg (9.25%), Magnesium: 27.04mg (6.76%), Phosphorus: 63.03mg (6.3%), Fiber: 1.23g (4.91%), Vitamin B2: 0.07mg (3.88%), Zinc: 0.56mg (3.74%), Calcium: 33.7mg (3.37%), Potassium: 116.77mg (3.34%), Selenium: 2.26µg (3.22%), Vitamin B1: 0.04mg (2.91%), Vitamin B5: 0.21mg (2.07%), Vitamin B12: 0.09µg (1.58%), Vitamin E: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.25%), Vitamin K: 1.28µg (1.22%), Vitamin A: 56.51IU (1.13%)