



Goopy Caramel-Pecan Brownies

READY IN



35 min.

SERVINGS



16

CALORIES



171 kcal

DESSERT

Ingredients

- ☐ 1 cup sugar
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 0.5 cup cocoa powder
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup pecans chopped

- ☐ 12 vanilla pod
- ☐ 1 tablespoon milk

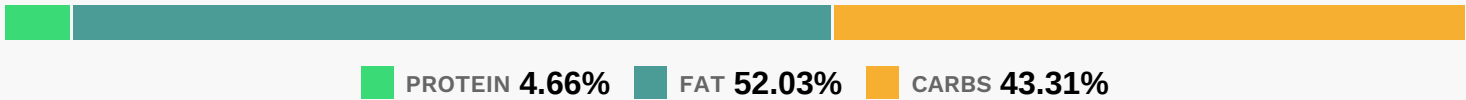
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of square pan, 9x9x2 inches.
- ☐ Mix sugar, shortening, vanilla and eggs in medium bowl. Stir in flour, cocoa, baking powder and salt.
- ☐ Spread batter in pan; sprinkle with pecans.
- ☐ Bake 20 to 25 minutes or until toothpick inserted in center comes out clean.
- ☐ Heat caramels and milk in 1-quart saucepan over low heat, stirring frequently, until caramels are melted.
- ☐ Drizzle over warm brownies. Cool completely. For 16 brownies, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:17.82, Glycemic Load:11.66, Inflammation Score:-2, Nutrition Score:3.5482608774758%

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: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

0.08mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 171.41kcal (8.57%), Fat: 10.43g (16.05%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 18.08g (6.57%), Sugar: 12.77g (14.19%), Cholesterol: 20.57mg (6.86%), Sodium: 58.82mg (2.56%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.1g (4.2%), Manganese: 0.29mg (14.73%), Copper: 0.16mg (7.76%), Fiber: 1.46g (5.85%), Selenium: 4.06µg (5.8%), Phosphorus: 49.38mg (4.94%), Magnesium: 19.52mg (4.88%), Vitamin B1: 0.07mg (4.63%), Iron: 0.82mg (4.57%), Vitamin B2: 0.07mg (3.86%), Vitamin K: 3.63µg (3.46%), Folate: 13.73µg (3.43%), Vitamin E: 0.5mg (3.36%), Zinc: 0.45mg (3%), Vitamin B3: 0.41mg (2.06%), Potassium: 70.04mg (2%), Vitamin B5: 0.19mg (1.9%), Calcium: 18.42mg (1.84%), Vitamin B6: 0.02mg (1.13%)