



Hershey's All American Heath Brownies



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



324 kcal

DESSERT

Ingredients

- ☐ 1.5 oz sections hershey's chocolate baking bar unsweetened
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1.3 cups heath milk chocolate toffee bits (8-oz. pkg.)

☐ 1 teaspoon vanilla extract

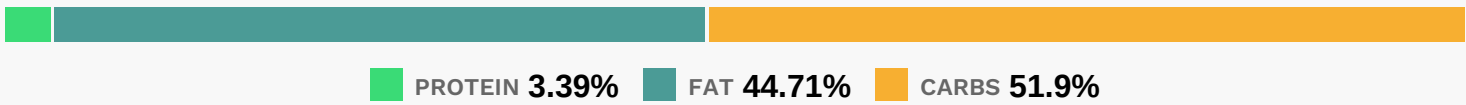
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350°F. Line an 8 inch metal baking pan with foil and spray the bottom with cooking spray.Melt the butter and chocolate in medium saucepan over low heat, stirring occasionally. Stir in sugar.
- ☐ Add eggs, one at a time, beating after each addition. Stir in vanilla.
- ☐ Combine flour, baking powder and salt; add to chocolate mixture, stirring until well blended.
- ☐ Spread batter in prepared pan.
- ☐ Bake for 20 minutes or until brownie begins to pull away from sides of pan.
- ☐ Remove from oven; sprinkle with toffee bits. Cover tightly with foil. Cool completely in pan on wire rack.
- ☐ Remove foil and cut into squares.

Nutrition Facts



Properties

Glycemic Index:24.01, Glycemic Load:26.1, Inflammation Score:-4, Nutrition Score:4.3304347350546%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 323.92kcal (16.2%), Fat: 16.39g (25.22%), Saturated Fat: 7.85g (49.07%), Carbohydrates: 42.82g (14.27%), Net Carbohydrates: 41.95g (15.25%), Sugar: 33.45g (37.16%), Cholesterol: 54.62mg (18.21%), Sodium: 172.73mg (7.51%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 2.8g (5.59%), Vitamin A: 567.98IU (11.36%), Manganese: 0.22mg (11.14%), Selenium: 6.38µg (9.11%), Iron: 1.26mg (7.02%), Copper: 0.14mg (6.85%), Vitamin B2: 0.11mg (6.6%), Vitamin B1: 0.09mg (6.18%), Folate: 24.09µg (6.02%), Phosphorus: 53.48mg (5.35%), Magnesium: 16.09mg (4.02%), Zinc: 0.54mg (3.62%), Vitamin E: 0.54mg (3.6%), Fiber: 0.87g (3.48%), Vitamin B3: 0.68mg (3.4%), Calcium: 30.1mg (3.01%), Vitamin B5: 0.2mg (2.05%), Potassium: 67.6mg (1.93%), Vitamin B12: 0.1µg (1.67%), Vitamin K: 1.13µg (1.08%), Vitamin B6: 0.02mg (1.05%)