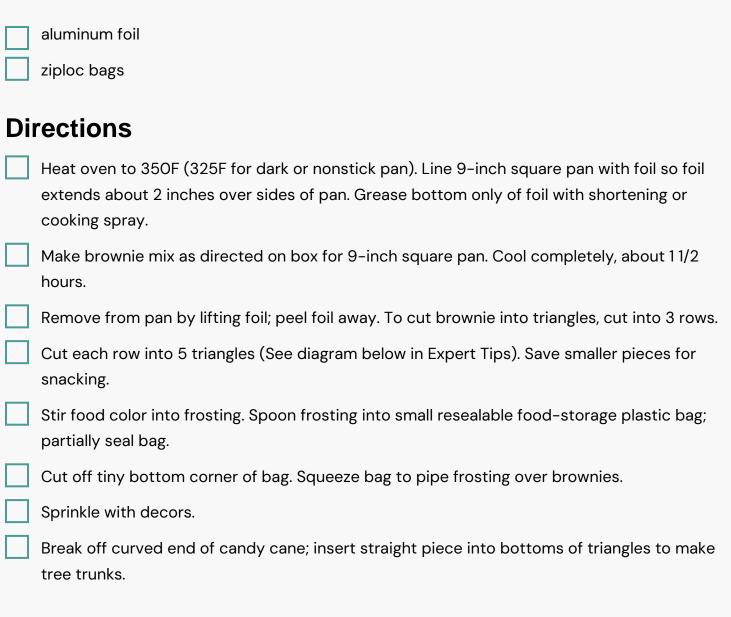


Ingredients

- 1 box brownie mix (1 lb 6.25 oz)
- 15 servings candy canes miniature
- 15 servings m&m candies green red miniature
- 0.7 cup vanilla frosting (from 16-oz container)
- 15 servings vegetable oil for on brownie mix box

Equipment

- frying pan
 - oven



Nutrition Facts



Properties

Glycemic Index:2.87, Glycemic Load:2.93, Inflammation Score:-1, Nutrition Score:2.0704347876751%

Nutrients (% of daily need)

Calories: 390.99kcal (19.55%), Fat: 23.25g (35.76%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 43.3g (15.74%), Sugar: 32.58g (36.2%), Cholesterol: 2.25mg (0.75%), Sodium: 127.96mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin K: 27.05µg (25.76%), Vitamin E: 1.3mg (8.66%), Iron: 1.16mg (6.44%), Vitamin B2: 0.03mg (1.78%), Calcium: 17.7mg (1.77%), Fiber: 0.41g (1.62%)