



Layered Brownies



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 4 ounce chocolate baking squares unsweetened
- ☐ 48 servings brownie glaze
- ☐ 1 cup butter
- ☐ 4 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 cup pecans toasted chopped
- ☐ 2 cups sugar
- ☐ 48 servings vanilla cream topping

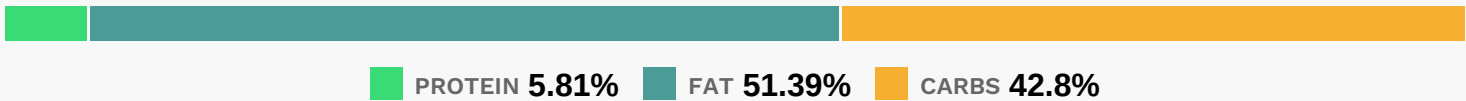
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Microwave chocolate and butter in a 2-quart glass bowl at HIGH 1 1/2 minutes or until melted, stirring twice.
- ☐ Add sugar and eggs, stirring until blended. Stir in flour and chopped pecans.
- ☐ Pour into a lightly greased, aluminum foil-lined 13- x 9-inch pan.
- ☐ Bake at 350 for 20 to 23 minutes. Cool on a wire rack 1 hour.
- ☐ Spread cooled brownies with Vanilla Cream Topping; chill 45 minutes.
- ☐ Pour Brownie Glaze over Vanilla Cream Topping, and spread evenly. Chill 1 hour.
- ☐ Let stand at room temperature 15 minutes; cut into 1-inch squares.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:16.48, Inflammation Score:-4, Nutrition Score:4.9413043830706%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 245.67kcal (12.28%), Fat: 14.39g (22.13%), Saturated Fat: 6.31g (39.44%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 25.81g (9.39%), Sugar: 22.44g (24.94%), Cholesterol: 44.54mg (14.85%), Sodium: 104.02mg (4.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Vitamin B2: 0.2mg (11.7%), Manganese: 0.23mg (11.26%), Phosphorus: 97.19mg (9.72%), Vitamin A: 470.79IU (9.42%), Calcium: 92.68mg (9.27%), Copper: 0.13mg (6.31%), Zinc: 0.86mg (5.72%), Selenium: 3.68µg (5.25%), Magnesium: 20.93mg (5.23%), Vitamin B12: 0.3µg (4.99%), Potassium: 170.95mg (4.88%), Vitamin B5: 0.49mg (4.86%), Fiber: 1.14g (4.57%), Vitamin B1: 0.07mg (4.54%), Iron: 0.73mg (4.03%), Vitamin E: 0.43mg (2.87%), Folate: 11.23µg (2.81%), Vitamin B6: 0.05mg (2.29%), Vitamin B3: 0.29mg (1.47%), Vitamin D: 0.22µg (1.44%)