



Loaded German Chocolate Cake Mix Brownies

 **Gluten Free**

READY IN



160 min.

SERVINGS



16

CALORIES



156 kcal

DESSERT

Ingredients

- 1 box german chocolate
- 0.3 cup butter melted
- 1 eggs
- 0.3 cup evaporated milk (from 12-oz can)
- 1 cup coconut flakes flaked
- 1 cup pecans chopped
- 0.5 cup milk chocolate chips

Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Generously grease bottom and sides of 9-inch square pan with shortening or cooking spray.
- In large bowl, stir cake mix, melted butter, egg and milk until well blended. Stir in coconut, pecans and chocolate chips. (Batter will be thick.) Evenly spread batter in pan.
- Bake 26 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely on cooling rack, about 2 hours. Store covered at room temperature.

Nutrition Facts

PROTEIN 4.27% **FAT 79.97%** **CARBS 15.76%**

Properties

Glycemic Index:3.75, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.2939130676829%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 155.54kcal (7.78%), Fat: 14.45g (22.24%), Saturated Fat: 7.23g (45.21%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.89g (1.78%), Sugar: 4.45g (4.94%), Cholesterol: 21.92mg (7.31%), Sodium: 41.84mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Manganese: 0.45mg (22.67%), Copper: 0.13mg (6.34%), Fiber: 1.52g (6.08%), Phosphorus: 47.05mg (4.71%), Magnesium: 14.71mg (3.68%), Vitamin B1: 0.05mg (3.46%), Zinc: 0.5mg (3.3%), Selenium: 2.25µg (3.22%), Vitamin A: 149.39IU (2.99%), Potassium: 93.69mg (2.68%), Calcium: 26.55mg (2.65%), Vitamin B2: 0.04mg (2.64%), Iron: 0.41mg (2.29%), Vitamin B6: 0.04mg (1.88%), Vitamin B5: 0.18mg (1.82%), Vitamin E: 0.27mg (1.77%)