



Loaded German Chocolate Cake Mix Brownies

READY IN



155 min.

SERVINGS



16

CALORIES



288 kcal

DESSERT

Ingredients

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

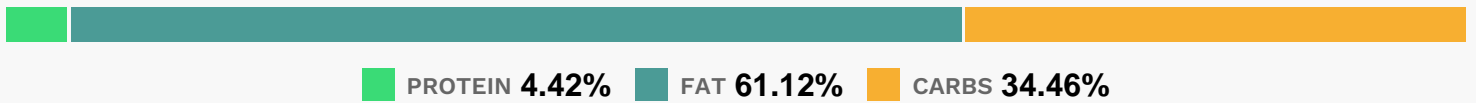
Equipment

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

Directions

- Heat oven to 350F. Generously grease bottom and sides of 9- or 10-inch square pan with shortening or cooking spray.
- In large bowl, stir cake mix, melted butter, egg, milk and pecans until combined. Fold in chocolate chips and coconut. (Batter will be thick.) Lightly and evenly press batter in pan.
- Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on cooling rack, about 2 hours.
- Cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:5.8895653097526%

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: 287.7kcal (14.39%), Fat: 20.56g (31.64%), Saturated Fat: 9.32g (58.24%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 23.91g (8.7%), Sugar: 14.76g (16.4%), Cholesterol: 27mg (9%), Sodium: 234.97mg (10.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Manganese: 0.51mg (25.7%), Phosphorus: 120.52mg (12.05%), Copper: 0.24mg (11.8%), Iron: 1.62mg (9.02%), Fiber: 2.17g (8.67%), Selenium: 5.63µg (8.04%), Magnesium: 27.45mg (6.86%), Calcium: 67.61mg (6.76%), Vitamin B1: 0.1mg (6.53%), Potassium: 183.35mg (5.24%), Vitamin B2: 0.09mg (5.23%), Folate: 20.64µg (5.16%), Zinc: 0.71mg (4.76%), Vitamin A: 209.3IU (4.19%), Vitamin E:

0.62mg (4.14%), Vitamin B3: 0.56mg (2.79%), Vitamin B6: 0.05mg (2.41%), Vitamin B5: 0.22mg (2.21%), Vitamin K: 1.82µg (1.73%), Vitamin D: 0.17µg (1.11%)