

Mexican Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 0.3 cup water
- ☐ 0.7 cup vegetable oil
- ☐ 2 eggs
- ☐ 1 teaspoon ground pepper
- ☐ 2 ounces bittersweet chocolate dark chopped

Equipment

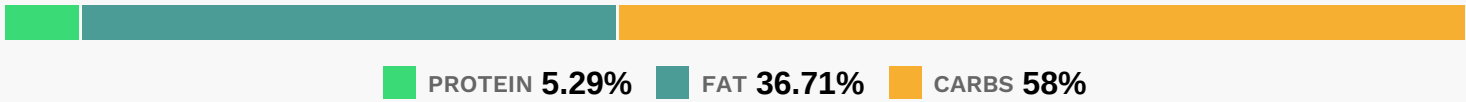
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 350 degrees.
- ☐ Prepare Betty Crocker Fudge Brownies as directed on box.
- ☐ Fold in cayenne pepper and chopped chocolate.
- ☐ Pour into a greased pan.
- ☐ Bake as directed.
- ☐ Cut into squares and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.2347825940536%

Nutrients (% of daily need)

Calories: 148.33kcal (7.42%), Fat: 6.06g (9.32%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 21.29g (7.74%), Sugar: 13.72g (15.24%), Cholesterol: 16.54mg (5.51%), Sodium: 81.17mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.93%), Iron: 0.98mg (5.45%), Vitamin K: 2.97µg (2.83%), Selenium: 1.6µg (2.28%), Manganese: 0.04mg (2.04%), Copper: 0.04mg (1.97%), Phosphorus: 16.38mg (1.64%), Magnesium: 5.7mg (1.42%), Vitamin E: 0.21mg (1.41%), Vitamin A: 66.79IU (1.34%), Vitamin B2: 0.02mg (1.32%), Fiber: 0.25g (1.02%)