



Milk Chocolate Macadamia Nut Brownies

 Vegetarian

READY IN



36 min.

SERVINGS



16

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons plus
- ☐ 2 eggs with a fork lightly beaten
- ☐ 25 macadamia nut hershey's kisses roughly chopped (or regular)
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup macadamia nuts — omit if using macadamia kisses toasted
- ☐ 0.8 teaspoon salt
- ☐ 4.5 oz unbleached flour all-purpose
- ☐ 9 tablespoons butter unsalted

☐ 1 teaspoon vanilla extract

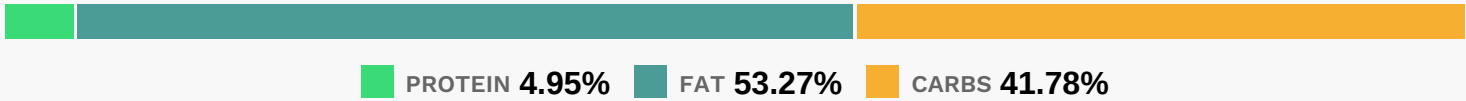
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F. Line an 8 inch square metal baking pan with foil and spray with baking spray or line with parchment paper.Melt the butter in a saucepan set over medium heat.
- ☐ Add dark chocolate and milk chocolate Kisses; reduce heat to low and stir until melted and smooth.
- ☐ Remove from heat and stir in the sugar, syrup, salt and vanilla. Gradually stir in the lightly beaten eggs, followed by the flour. When flour is incorporated, stir in the macadamia nuts (if using).
- ☐ Pour the mixture into the prepared pan and bake for about 25 minutes or until the brownies appear set.
- ☐ Remove from the oven and immediately scatter the chopped Hershey’s Kisses over the top. Return to the oven for exactly one minute.
- ☐ Let the brownies cool to room temperature, then chill thoroughly.Grasp foil, lift from pan and cut into squares while cold.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:4.82, Inflammation Score:-2, Nutrition Score:2.7778260801797%

Nutrients (% of daily need)

Calories: 183.2kcal (9.16%), Fat: 11.22g (17.25%), Saturated Fat: 5.8g (36.24%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 19.16g (6.97%), Sugar: 13.03g (14.47%), Cholesterol: 39.18mg (13.06%), Sodium: 127.76mg (5.55%), Alcohol: 0.09g (100%), Alcohol %: 0.26% (100%), Protein: 2.34g (4.69%), Manganese: 0.18mg (8.84%), Vitamin B1: 0.1mg (6.68%), Selenium: 4.67µg (6.68%), Vitamin A: 226.5IU (4.53%), Folate: 17.79µg (4.45%), Vitamin B2: 0.07mg (4.23%), Iron: 0.69mg (3.82%), Calcium: 28.89mg (2.89%), Vitamin B3: 0.56mg (2.78%), Phosphorus: 26.93mg (2.69%), Fiber: 0.63g (2.54%), Copper: 0.04mg (2.07%), Vitamin E: 0.26mg (1.74%), Magnesium: 6.88mg (1.72%), Vitamin B5: 0.16mg (1.58%), Vitamin D: 0.23µg (1.52%), Zinc: 0.18mg (1.23%), Vitamin B6: 0.02mg (1.18%), Potassium: 37.85mg (1.08%), Vitamin B12: 0.06µg (1.04%)