



Mississippi Mud Dessert Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



270 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup mrs richardson's butterscotch caramel sauce
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup marshmallows miniature
- ☐ 0.8 cup diamond of california pecan halves shelled toasted chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup semisweet chocolate morsels
- ☐ 0.5 cup shortening

- ☐ 1.3 cups sugar
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water

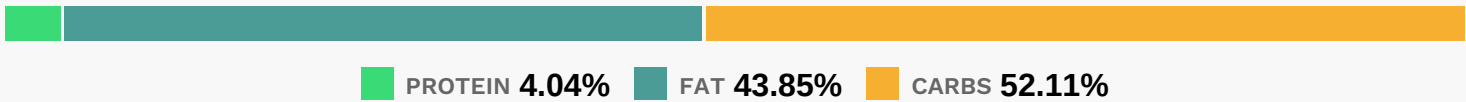
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Stir together first 5 ingredients in a large bowl; cut in shortening with a pastry blender or fork until crumbly. Stir in egg, 1/2 cup water, and vanilla.
- ☐ Spread mixture into a lightly greased aluminum foil-lined 8-inch square pan.
- ☐ Bake at 350 for 35 to 38 minutes or until center is set.
- ☐ Remove from oven; spread with caramel sauce.
- ☐ Sprinkle with marshmallows and pecans, and bake 6 to 8 more minutes.
- ☐ Microwave chocolate morsels in a glass bowl at MEDIUM (50% power) 1 minute; stir until smooth.
- ☐ Drizzle over warm brownies. Cool and cut into squares.

Nutrition Facts



Properties

Glycemic Index:19.22, Glycemic Load:16.84, Inflammation Score:-2, Nutrition Score:5.4086956757566%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 270.41kcal (13.52%), Fat: 13.78g (21.2%), Saturated Fat: 4.08g (25.47%), Carbohydrates: 36.85g (12.28%), Net Carbohydrates: 34.52g (12.55%), Sugar: 26.83g (29.81%), Cholesterol: 12.13mg (4.04%), Sodium: 180.94mg (7.87%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Caffeine: 13.44mg (4.48%), Protein: 2.85g (5.71%), Manganese: 0.49mg (24.25%), Copper: 0.28mg (14.1%), Fiber: 2.33g (9.32%), Magnesium: 36.74mg (9.18%), Iron: 1.49mg (8.28%), Phosphorus: 79.02mg (7.9%), Selenium: 5.16µg (7.38%), Vitamin B1: 0.1mg (6.62%), Zinc: 0.72mg (4.77%), Folate: 17.89µg (4.47%), Vitamin B2: 0.07mg (4.28%), Vitamin K: 4.28µg (4.07%), Vitamin E: 0.55mg (3.69%), Potassium: 128.29mg (3.67%), Calcium: 35.35mg (3.54%), Vitamin B3: 0.65mg (3.25%), Vitamin B5: 0.21mg (2.15%), Vitamin B6: 0.02mg (1.24%), Vitamin B12: 0.06µg (1.03%)