



## New Orleans Praline Brownies

 Vegetarian

READY IN



130 min.

SERVINGS



24

CALORIES



254 kcal

DESSERT

### Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 0.5 cup pecans chopped
- 0.5 cup whipping cream
- 6 tablespoons butter
- 1.5 cups brown sugar packed
- 0.5 cup pecans toasted chopped
- 1.5 cups powdered sugar

1 teaspoon vanilla

## Equipment

frying pan

sauce pan

oven

## Directions

Heat oven to 350° F. Spray bottom only of 13x9-inch pan with cooking spray.

Make brownie mix as directed on box for fudge brownies, using water, oil and eggs. Stir in chopped pecans.

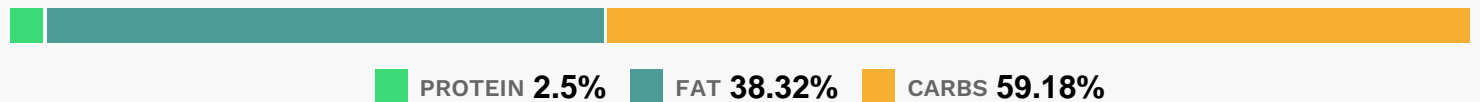
Bake as directed. Cool completely, about 1 hour.

In medium saucepan, mix cream, butter and brown sugar. Cook over medium heat, stirring frequently, until mixture comes to a boil. Continue cooking 1 minute, stirring constantly.

Remove from heat. Stir in pecans, powdered sugar and vanilla. Cool 5 minutes, stirring frequently.

Spread frosting over brownies. Allow to stand 30 to 45 minutes, or until frosting is set. For bars, cut into 6 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:2.92, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.8147825893501%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

## Nutrients (% of daily need)

Calories: 254.11kcal (12.71%), Fat: 11.05g (17%), Saturated Fat: 3.86g (24.15%), Carbohydrates: 38.41g (12.8%), Net Carbohydrates: 37.97g (13.81%), Sugar: 31.56g (35.07%), Cholesterol: 13.13mg (4.38%), Sodium: 89.91mg (3.91%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 1.62g (3.25%), Manganese: 0.21mg (10.7%), Iron: 0.82mg (4.56%), Vitamin A: 162.9IU (3.26%), Copper: 0.06mg (3.11%), Vitamin B1: 0.03mg (2.08%), Calcium: 18.8mg (1.88%), Magnesium: 7.17mg (1.79%), Fiber: 0.44g (1.74%), Phosphorus: 16.86mg (1.69%), Vitamin E: 0.24mg (1.59%), Vitamin K: 1.64µg (1.56%), Zinc: 0.23mg (1.51%), Potassium: 42.86mg (1.22%), Vitamin B2: 0.02mg (1.06%)