



No Bake Fudgy Brownies

READY IN



10 min.

SERVINGS



16

CALORIES



176 kcal

Ingredients

- ☐ 2 cups chocolate cookie crumbs (I used the Oreo baking crumbs)
- ☐ 0.3 cup m&m's/color sprinkles/nuts mini
- ☐ 14 oz condensed milk sweetened canned
- ☐ 2 oz chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract

Equipment

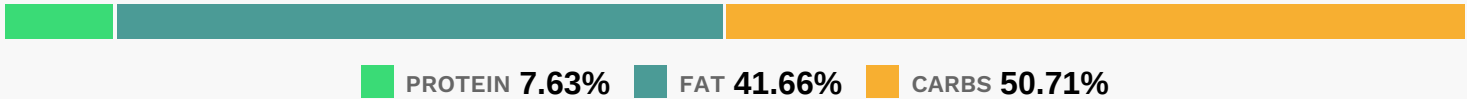
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan

- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Grease 8–inch square baking pan or line with foil.In a medium saucepan over low heat, combine the sweetened milk and chocolate; cook and stir just until boiling. Reduce heat; cook and stir for 2–3 minutes or until mixture thickens.
- ☐ Remove from heat and stir in vanilla.Stir in 2 cups of cookie crumbs.
- ☐ Spread evenly in prepared pan.
- ☐ Sprinkle with remaining cookie crumbs and sprinkles or nuts; press down gently with a spatula.Cover and chill 4 hours or until firm.
- ☐ Cut into squares. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:13.34, Inflammation Score:-2, Nutrition Score:4.4760869391586%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 175.72kcal (8.79%), Fat: 8.44g (12.99%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 22.18g (8.06%), Sugar: 16.26g (18.06%), Cholesterol: 8.43mg (2.81%), Sodium: 76.77mg (3.34%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Protein: 3.48g (6.96%), Manganese: 0.25mg (12.34%), Phosphorus: 94.99mg (9.5%), Vitamin B2: 0.15mg (8.87%), Copper: 0.16mg (7.92%), Calcium: 77.26mg (7.73%), Selenium: 4.73µg (6.76%), Magnesium: 24.88mg (6.22%), Iron: 1.12mg (6.22%), Vitamin B1: 0.08mg (5.08%), Zinc: 0.72mg (4.81%), Potassium: 146.24mg (4.18%), Fiber: 0.95g (3.81%), Folate: 14.97µg (3.74%), Vitamin B3: 0.62mg (3.08%), Vitamin B5: 0.26mg (2.57%), Vitamin E: 0.36mg (2.39%), Vitamin B12: 0.11µg (1.82%), Vitamin K: 1.87µg (1.78%), Vitamin A: 77.32IU (1.55%), Vitamin B6: 0.03mg (1.46%)