



Outrageous Caramel-Fudge Brownies

READY IN



175 min.

SERVINGS



24

CALORIES



377 kcal

DESSERT

Ingredients

- 14 oz individually wrapped caramels
- 0.5 cup evaporated milk (from 12-oz can)
- 1 cup butter
- 2 cups sugar
- 2 teaspoons vanilla
- 4 eggs slightly beaten
- 1.3 cups flour all-purpose
- 0.8 cup cocoa powder unsweetened
- 0.3 teaspoon salt

- 2 cups bittersweet chocolate (11.5)
- 1.5 cups pecans chopped
- 1 teaspoon vegetable oil

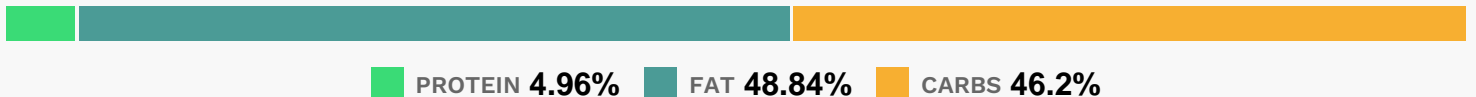
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan with shortening or spray with cooking spray. In 3-quart saucepan, heat caramels and milk over low heat, stirring frequently, until caramels are melted and smooth.
- In 2-quart saucepan, melt butter over low heat; remove from heat. Stir in sugar, vanilla and eggs until well blended. Stir in flour, cocoa and salt. Stir in 1 1/2 cups of the chocolate chunks and 1 cup of the pecans.
- Spread evenly in pan.
- Gently and evenly drizzle melted caramel over batter, preventing large pockets of caramel and preventing caramel from reaching bottom of bars. (Caramel can cover entire surface of batter.)
- Bake 35 to 40 minutes or until set.
- In 1-quart saucepan, heat remaining 1/2 cup chocolate chunks and the oil over low heat, stirring frequently, until smooth.
- Drizzle over warm brownies.
- Sprinkle with remaining 1/2 cup pecans; press in lightly. Cool 20 minutes. Refrigerate about 1 hour 30 minutes or until chocolate is set. For brownies, cut into 6 rows by 4 rows. If refrigerated longer, let stand at room temperature 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:23.54, Inflammation Score:-5, Nutrition Score:7.900869651981%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 376.87kcal (18.84%), Fat: 21.21g (32.63%), Saturated Fat: 6.35g (39.69%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 42.17g (15.33%), Sugar: 33.75g (37.5%), Cholesterol: 30.84mg (10.28%), Sodium: 172.26mg (7.49%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 18.72mg (6.24%), Protein: 4.84g (9.69%), Manganese: 0.65mg (32.65%), Copper: 0.39mg (19.28%), Magnesium: 54.03mg (13.51%), Phosphorus: 129.77mg (12.98%), Fiber: 2.99g (11.96%), Iron: 1.94mg (10.78%), Selenium: 6.84µg (9.78%), Vitamin B2: 0.15mg (9.06%), Vitamin B1: 0.13mg (8.42%), Vitamin A: 408.52IU (8.17%), Zinc: 1.13mg (7.56%), Potassium: 224.66mg (6.42%), Calcium: 61.91mg (6.19%), Folate: 18.9µg (4.72%), Vitamin E: 0.66mg (4.39%), Vitamin B5: 0.39mg (3.94%), Vitamin B3: 0.69mg (3.44%), Vitamin B12: 0.16µg (2.65%), Vitamin B6: 0.05mg (2.53%), Vitamin K: 2.07µg (1.97%), Vitamin D: 0.15µg (1.01%)