



Pecan Pie Brownies

READY IN



25 min.

SERVINGS



25

CALORIES



424 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 1.8 cups semisweet chocolate chunks (11.5-ounce package)
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 2 pound pecan pie frozen thawed
- ☐ 1 cup sugar

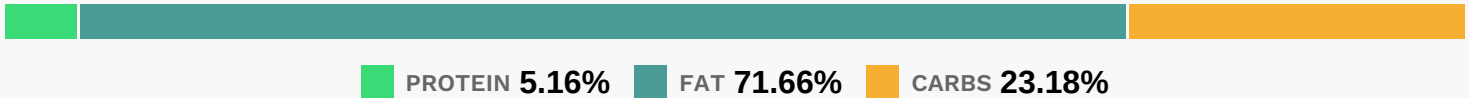
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ stand mixer
- ☐ microwave

Directions

- ☐ Cut pie into cubes. Set aside.
- ☐ Microwave 1/2 cup butter and chocolate chunks in a glass bowl at HIGH 1 minute. Stir and microwave 1 more minute. Stir until mixture is smooth.
- ☐ Beat chocolate mixture, sugar, eggs, milk, and half of pie cubes at low speed with a heavy-duty stand mixer until blended.
- ☐ Add flour and baking powder, stirring with a wooden spoon until blended. Stir remaining half of pie cubes into batter. (Batter will be thick.) Spoon batter into a 13- x 9-inch pan coated with cooking spray.
- ☐ Bake at 350 for 50 minutes. Cool brownies completely on a wire rack.
- ☐ Cut into triangles or squares.
- ☐ Note: For testing purposes only, we used Mrs. Edward's Frozen Pecan Pie.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:10.1, Inflammation Score:-4, Nutrition Score:12.434782679962%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.64mg, Delphinidin: 2.64mg, Delphinidin: 2.64mg, Delphinidin: 2.64mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3–gallate: 0.83mg, Epigallocatechin 3–gallate: 0.83mg, Epigallocatechin 3–gallate: 0.83mg, Epigallocatechin 3–gallate: 0.83mg

Nutrients (% of daily need)

Calories: 423.99kcal (21.2%), Fat: 35.29g (54.3%), Saturated Fat: 7.59g (47.46%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 21.02g (7.64%), Sugar: 14.43g (16.03%), Cholesterol: 26.55mg (8.85%), Sodium: 57mg (2.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.53mg (3.51%), Protein: 5.71g (11.43%), Manganese: 1.85mg (92.41%), Copper: 0.6mg (30.13%), Vitamin B1: 0.31mg (20.64%), Fiber: 4.67g (18.67%), Magnesium: 68.9mg (17.23%), Phosphorus: 162.84mg (16.28%), Zinc: 2.12mg (14.12%), Iron: 2.13mg (11.85%), Selenium: 6.46µg (9.23%), Vitamin B2: 0.13mg (7.36%), Potassium: 247.7mg (7.08%), Folate: 23.72µg (5.93%), Calcium: 58.94mg (5.89%), Vitamin B3: 0.99mg (4.93%), Vitamin E: 0.74mg (4.91%), Vitamin B5: 0.49mg (4.85%), Vitamin B6: 0.1mg (4.83%), Vitamin A: 177.31IU (3.55%), Vitamin K: 2.53µg (2.41%), Vitamin B12: 0.12µg (1.97%), Vitamin D: 0.19µg (1.25%)