



## Pecan Pie Supreme Brownies

 Vegetarian

READY IN



190 min.

SERVINGS



16

CALORIES



269 kcal

DESSERT

### Ingredients

- 16 oz brownie mix
- 1 serving vegetable oil for on brownie mix box
- 0.3 cup butter
- 2 tablespoons flour all-purpose
- 0.3 cup brown sugar packed
- 0.3 cup plus
- 1 eggs
- 0.5 teaspoon vanilla

- 1.5 cups pecans coarsely chopped

## Equipment

- frying pan
- sauce pan
- oven
- wire rack
- toothpicks
- aluminum foil

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of pan with shortening or cooking spray. Make brownie batter as directed on box.
- Spread in pan.
- Bake 28 to 31 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean.
- In 1-quart saucepan, melt butter over medium-low heat. Stir in flour until smooth. Stir in brown sugar, corn syrup and 1 egg until well blended. Increase heat to medium; cook 2 to 4 minutes, stirring constantly, until mixture just begins to boil.
- Remove from heat; stir in vanilla and pecans.
- Spoon pecan topping evenly over baked brownie.
- Bake 13 to 17 minutes or until golden brown and bubbling along edges. Cool completely on cooling rack, about 2 hours. Using foil to lift, remove brownies from pan, and peel foil away.
- Cut into 4 rows by 4 rows. If desired, garnish each brownie with a pecan half.

## Nutrition Facts



**PROTEIN 4.02%** **FAT 48.27%** **CARBS 47.71%**

## Properties

Glycemic Index:9.63, Glycemic Load:1.34, Inflammation Score:-1, Nutrition Score:3.3108695777862%

## Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

## Nutrients (% of daily need)

Calories: 269kcal (13.45%), Fat: 14.82g (22.8%), Saturated Fat: 3.41g (21.34%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 31.95g (11.62%), Sugar: 23.04g (25.6%), Cholesterol: 17.86mg (5.95%), Sodium: 114.11mg (4.96%), Alcohol: 0.04g (100%), Alcohol %: 0.1% (100%), Protein: 2.78g (5.55%), Manganese: 0.47mg (23.51%), Iron: 1.18mg (6.56%), Copper: 0.13mg (6.41%), Vitamin B1: 0.08mg (5.28%), Fiber: 1.01g (4.03%), Phosphorus: 35.81mg (3.58%), Zinc: 0.53mg (3.55%), Magnesium: 13.45mg (3.36%), Selenium: 1.68µg (2.4%), Vitamin E: 0.33mg (2.18%), Vitamin A: 109.21IU (2.18%), Vitamin K: 2.23µg (2.12%), Vitamin B2: 0.03mg (1.87%), Potassium: 53.88mg (1.54%), Vitamin B5: 0.14mg (1.44%), Vitamin B6: 0.03mg (1.43%), Calcium: 14.2mg (1.42%), Folate: 5.41µg (1.35%)