



Pecan Pie Supreme Brownies

 Dairy Free

READY IN



120 min.

SERVINGS



36

CALORIES



184 kcal

DESSERT

Ingredients

- 0.7 cup brown sugar packed
- 1 box brownie mix (1 lb 6.25 oz)
- 0.5 cup butter
- 0.5 cup plus
- 2 eggs
- 0.3 cup flour all-purpose
- 3 cups pecans coarsely chopped
- 1 teaspoon vanilla

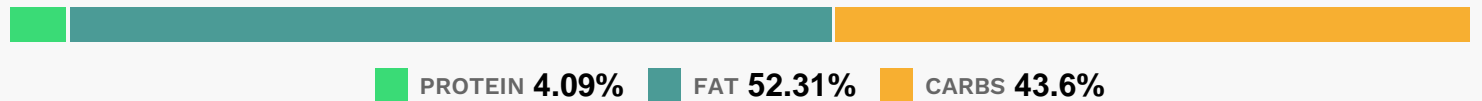
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray.
- In 2-quart saucepan, melt butter over medium-low heat. Stir in flour until smooth. Stir in brown sugar, corn syrup and 2 eggs until well blended. Increase heat to medium; cook 3 to 5 minutes, stirring constantly, until mixture just begins to boil.
- Remove from heat; stir in vanilla and pecans.
- Make brownie batter as directed on box for cakelike brownies; spread in pan. Spoon pecan topping evenly over batter.
- Bake 33 to 38 minutes or until center is set. Cool completely, about 3 hours. For 36 brownies, cut into 6 rows by 6 rows. If desired, garnish each brownie with a pecan half.

Nutrition Facts



Properties

Glycemic Index:2.89, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:2.8199999695239%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 183.77kcal (9.19%), Fat: 11.04g (16.99%), Saturated Fat: 1.54g (9.59%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 19.82g (7.21%), Sugar: 15g (16.67%), Cholesterol: 9.09mg (3.03%), Sodium: 78.67mg (3.42%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 1.94g (3.89%), Manganese: 0.42mg (20.91%), Copper: 0.11mg (5.7%), Vitamin B1: 0.07mg (4.72%), Iron: 0.74mg (4.11%), Fiber: 0.9g (3.58%), Phosphorus: 31.83mg (3.18%), Zinc: 0.47mg (3.14%), Magnesium: 12mg (3%), Vitamin A: 131.06IU (2.62%), Selenium: 1.47µg (2.1%), Vitamin B2: 0.03mg (1.68%), Vitamin E: 0.25mg (1.67%), Potassium: 48.5mg (1.39%), Vitamin B5: 0.13mg (1.28%), Vitamin B6: 0.03mg (1.28%), Calcium: 12.81mg (1.28%), Folate: 4.81µg (1.2%)