



WHATSheATE



Pecan Pie Supreme Brownies



Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 1 box brownie mix betty crocker® (1 lb 2.4 oz)
- ☐ 0.5 cup butter
- ☐ 0.5 cup plus
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose gold medal®
- ☐ 3 cups pecans coarsely chopped
- ☐ 1 teaspoon vanilla

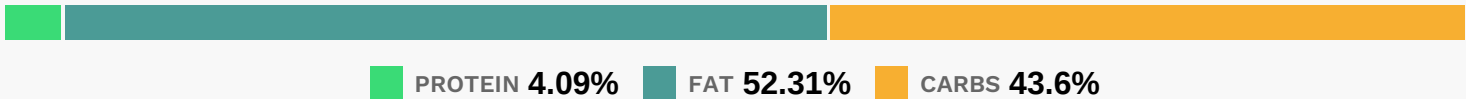
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with cooking spray or shortening.
- ☐ 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. Cook 2 to 3 minutes, stirring constantly, until mixture just begins to boil.
- ☐ Remove from heat; stir in vanilla and pecans.
- ☐ Make brownie batter as directed on brownie mix 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 1 hour. For 36 brownies, cut into 6 rows by 6 rows. If desired, garnish each brownie with a pecan half.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:1.81, Inflammation Score:-2, Nutrition Score:4.2300000462843%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 275.65kcal (13.78%), Fat: 16.56g (25.48%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 29.72g (10.81%), Sugar: 22.5g (25%), Cholesterol: 13.64mg (4.55%), Sodium: 118.01mg (5.13%),

Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 2.92g (5.83%), Manganese: 0.63mg (31.37%), Copper: 0.17mg (8.55%), Vitamin B1: 0.11mg (7.09%), Iron: 1.11mg (6.17%), Fiber: 1.34g (5.37%), Phosphorus: 47.75mg (4.77%), Zinc: 0.71mg (4.71%), Magnesium: 18mg (4.5%), Vitamin A: 196.59IU (3.93%), Selenium: 2.21µg (3.15%), Vitamin B2: 0.04mg (2.52%), Vitamin E: 0.38mg (2.51%), Potassium: 72.75mg (2.08%), Calcium: 19.22mg (1.92%), Vitamin B5: 0.19mg (1.92%), Vitamin B6: 0.04mg (1.92%), Folate: 7.21µg (1.8%), Vitamin B3: 0.25mg (1.24%)