



Praline-Pecan Brownies

READY IN



15 min.

SERVINGS



15

CALORIES



511 kcal

DESSERT

Ingredients

- ☐ 4 ounce chocolate baking squares unsweetened
- ☐ 1 cup butter softened
- ☐ 15 servings warm chocolate glaze
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 cups praline pecans coarsely chopped
- ☐ 1 cup semisweet chocolate morsels
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

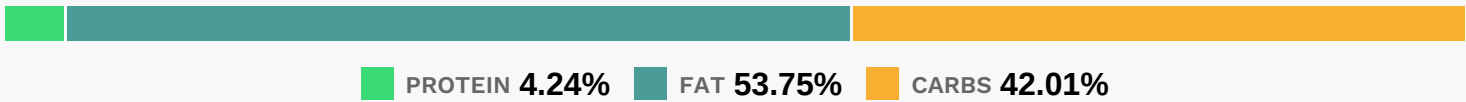
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Microwave chocolate squares in a microwave-safe bowl at MEDIUM (50% power) 1 1/2 minutes, stirring at 30-second intervals until melted. Stir until smooth.
- ☐ Beat butter and sugar at medium speed with an electric mixer until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Add melted chocolate, beating just until blended.
- ☐ Add flour, beating at low speed just until blended. Stir in vanilla and chocolate morsels.
- ☐ Spread batter into a greased and floured 13- x 9-inch pan.
- ☐ Bake at 350 for 35 to 40 minutes or until center is set. Cool completely on wire rack.
- ☐ Spread brownies evenly with Chocolate Glaze; sprinkle evenly with Praline Pecans.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:23.28, Inflammation Score:-5, Nutrition Score:10.673478237961%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Catechin: 5.82mg, Catechin: 5.82mg, Catechin: 5.82mg, Catechin: 5.82mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg

Epicatechin: 10.83mg, Epicatechin: 10.83mg, Epicatechin: 10.83mg, Epicatechin: 10.83mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg

Nutrients (% of daily need)

Calories: 511.06kcal (25.55%), Fat: 31.84g (48.99%), Saturated Fat: 14.15g (88.47%), Carbohydrates: 55.99g (18.66%), Net Carbohydrates: 52.28g (19.01%), Sugar: 43.79g (48.66%), Cholesterol: 83.01mg (27.67%), Sodium: 120.61mg (5.24%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 16.37mg (5.46%), Protein: 5.66g (11.31%), Manganese: 1.13mg (56.62%), Copper: 0.58mg (28.86%), Iron: 3.05mg (16.94%), Magnesium: 65.88mg (16.47%), Fiber: 3.71g (14.83%), Phosphorus: 139mg (13.9%), Selenium: 9.5µg (13.57%), Zinc: 1.9mg (12.67%), Vitamin B1: 0.17mg (11.63%), Vitamin A: 465.67IU (9.31%), Vitamin B2: 0.15mg (8.82%), Folate: 27.14µg (6.79%), Potassium: 221.28mg (6.32%), Vitamin E: 0.78mg (5.21%), Vitamin B3: 0.87mg (4.36%), Vitamin B5: 0.43mg (4.28%), Calcium: 39.51mg (3.95%), Vitamin B6: 0.06mg (3.08%), Vitamin K: 3.18µg (3.03%), Vitamin B12: 0.17µg (2.89%), Vitamin D: 0.27µg (1.78%)