



## Pretzel Brownie Bars

READY IN



115 min.

SERVINGS



32

CALORIES



164 kcal

DESSERT

### Ingredients

- 1.5 cups pretzels crushed
- 0.3 cup granulated sugar
- 0.5 cup butter melted
- 1 box brownie mix
- 0.3 cup water
- 0.7 cup vegetable oil
- 2 eggs
- 1 cup powdered sugar
- 2 tablespoons butter softened

- 2 oz baker's chocolate unsweetened melted
- 1 teaspoon vanilla
- 2 tablespoons milk
- 0.5 cup pretzels crushed

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). In medium bowl, mix crust ingredients. Press in ungreased 13x9-inch pan.
- Bake 8 minutes; cool 10 minutes.
- In medium bowl, stir brownie ingredients until blended. Carefully spread batter over cooled crust.
- Bake 24 to 26 minutes or until toothpick inserted 2 inches from side of pan comes out clean or almost clean. Cool completely on cooling rack, about 1 hour.
- In medium bowl, beat powdered sugar, 2 tablespoons butter, melted chocolate and the vanilla with electric mixer on low speed until combined. Beat in 1 tablespoon milk until blended. Beat in additional milk, 1 tablespoon at a time, until frosting is desired spreading consistency. Frost cooled brownies; sprinkle with crushed pretzels.
- Cut into 8 rows by 4 rows.

## Nutrition Facts



**PROTEIN 4.57%** **FAT 41.77%** **CARBS 53.66%**

## Properties

Glycemic Index:8.57, Glycemic Load:4.3, Inflammation Score:-2, Nutrition Score:1.9078261029461%

## Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg

## Nutrients (% of daily need)

Calories: 163.64kcal (8.18%), Fat: 7.77g (11.95%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 21.98g (7.99%), Sugar: 13.33g (14.81%), Cholesterol: 10.34mg (3.45%), Sodium: 155.12mg (6.74%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 1.91g (3.82%), Manganese: 0.12mg (6.09%), Iron: 1.04mg (5.76%), Vitamin A: 174.54IU (3.49%), Copper: 0.07mg (3.39%), Folate: 10.88µg (2.72%), Phosphorus: 20.9mg (2.09%), Vitamin B2: 0.04mg (2.06%), Magnesium: 7.85mg (1.96%), Vitamin K: 1.99µg (1.9%), Fiber: 0.46g (1.86%), Vitamin E: 0.27mg (1.81%), Selenium: 1.26µg (1.8%), Zinc: 0.26mg (1.75%), Vitamin B1: 0.03mg (1.73%), Vitamin B3: 0.29mg (1.46%)