

# **Red, White and Blue Candy-Topped Brownies**

airy Free







DESSERT

## **Ingredients**

1 box brownie mix betty crocker®
1.5 cups m&m candies white blue red

24 servings vegetable oil for on brownie mix box

# **Equipment**

frying pan
oven
toothpicks

# Directions Heat oven to 350°F. Grease bottom only of 13x9-inch pan with cooking spray or shortening. Make batter as directed on brownie mix box. Spread in pan. Bake 13 minutes. Sprinkle candies over partially baked brownie. Bake 11 to 13 minutes longer or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely, about 1 hour. For brownies, cut into 6 rows by 4 rows. Store covered at room temperature. Nutrition Facts PROTEIN 2.3% ■ FAT 61.89% ■ CARBS 35.81%

### **Properties**

Glycemic Index:O, Glycemic Load:O, Inflammation Score:-1, Nutrition Score:1.7369565354741%

## Nutrients (% of daily need)

Calories: 282.73kcal (14.14%), Fat: 19.61g (30.17%), Saturated Fat: 4.57g (28.56%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 25.18g (9.16%), Sugar: 18.67g (20.74%), Cholesterol: 1.95mg (0.65%), Sodium: 70.89mg (3.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin K: 25.75µg (24.52%), Vitamin E: 1.15mg (7.63%), Iron: 0.76mg (4.22%), Calcium: 15.08mg (1.51%), Fiber: 0.35g (1.4%)