



Rich German Chocolate Brownies

 Dairy Free

READY IN



110 min.

SERVINGS



24

CALORIES



237 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 1 container betty rich & creamy coconut pecan frosting
- ☐ 3 eggs beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 6 oz semi chocolate chips
- ☐ 12 oz semi chocolate chips (2 cups)

- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup walnut pieces chopped

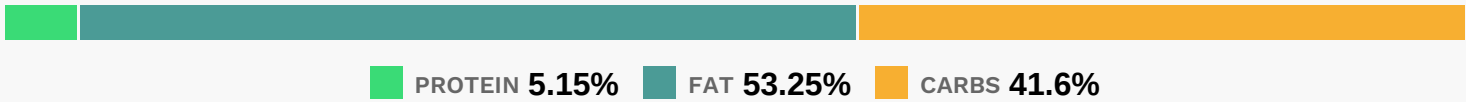
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350F. In 3-quart saucepan, melt 2 cups chocolate chips and the butter over low heat, stirring constantly; remove from heat. Stir in flour, sugar, vanilla, baking powder, salt and eggs.
- ☐ Spread batter in ungreased 13x9-inch pan.
- ☐ Bake 27 to 34 minutes or until center is set. Cool completely, about 1 hour.
- ☐ In medium bowl, mix frosting, 1 cup chocolate chips and the walnuts.
- ☐ Spread frosting mixture over brownies. For brownies, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:9.47, Inflammation Score:-3, Nutrition Score:5.4195651873622%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 237.4kcal (11.87%), Fat: 14.17g (21.79%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 22.85g (8.31%), Sugar: 16.26g (18.07%), Cholesterol: 21.74mg (7.25%), Sodium: 112.17mg (4.88%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Caffeine: 18.29mg (6.1%), Protein: 3.08g (6.16%), Manganese: 0.41mg (20.6%), Copper: 0.32mg (15.91%), Magnesium: 43.56mg (10.89%), Iron: 1.83mg (10.15%), Phosphorus:

84.59mg (8.46%), Selenium: 5.85µg (8.36%), Fiber: 2.04g (8.17%), Zinc: 0.76mg (5.04%), Vitamin B1: 0.07mg (4.6%), Vitamin B2: 0.07mg (4.4%), Potassium: 148.37mg (4.24%), Folate: 16.94µg (4.23%), Vitamin A: 209.98IU (4.2%), Vitamin B3: 0.6mg (2.98%), Calcium: 26.08mg (2.61%), Vitamin E: 0.35mg (2.34%), Vitamin B5: 0.19mg (1.95%), Vitamin B6: 0.03mg (1.65%), Vitamin K: 1.63µg (1.56%), Vitamin B12: 0.09µg (1.53%)