



Rich German Chocolate Brownies

 Dairy Free

READY IN



110 min.

SERVINGS



24

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 0.5 cup butter
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 3 eggs beaten

- ☐ 15.5 oz betty rich & creamy coconut pecan frosting
- ☐ 6 oz semi chocolate chips
- ☐ 0.5 cup walnut pieces chopped

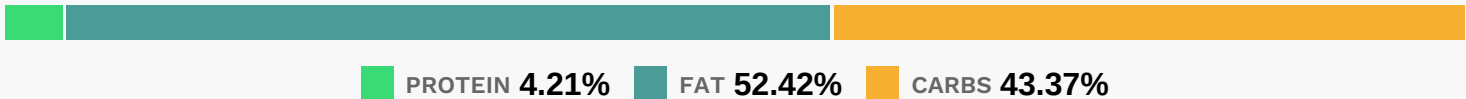
Equipment

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

Directions

- ☐ Heat oven to 350°F. 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:6.1904347396415%

Flavonoids

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

Nutrients (% of daily need)

Calories: 316.5kcal (15.83%), Fat: 18.55g (28.54%), Saturated Fat: 7.39g (46.16%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 32.02g (11.65%), Sugar: 23.57g (26.19%), Cholesterol: 21.74mg (7.25%), Sodium: 147.79mg (6.43%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Caffeine: 18.29mg (6.1%), Protein: 3.35g (6.71%), Manganese: 0.54mg (26.75%), Copper: 0.34mg (17.05%), Magnesium: 47.03mg (11.76%), Iron: 1.93mg (10.7%), Fiber:

2.5g (9.99%), Phosphorus: 96.09mg (9.61%), Selenium: 6.31µg (9.01%), Zinc: 0.83mg (5.54%), Potassium: 182.34mg (5.21%), Vitamin B1: 0.08mg (5.02%), Vitamin B2: 0.08mg (4.61%), Folate: 17.3µg (4.33%), Vitamin A: 210.71IU (4.21%), Vitamin E: 0.55mg (3.67%), Vitamin B3: 0.63mg (3.17%), Calcium: 28.46mg (2.85%), Vitamin K: 2.35µg (2.24%), Vitamin B5: 0.22mg (2.23%), Vitamin B6: 0.04mg (2.08%), Vitamin B12: 0.09µg (1.53%)