



Rich German Chocolate Brownies

 Dairy Free

READY IN



110 min.

SERVINGS



24

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 1 container betty rich & creamy coconut pecan frosting betty crocker®
- ☐ 3 eggs beaten
- ☐ 1.3 cups flour all-purpose gold medal®
- ☐ 0.5 teaspoon salt
- ☐ 6 oz semi chocolate chips
- ☐ 1 cup sugar

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

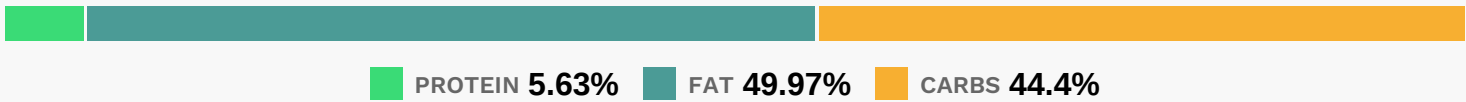
Equipment

- ☐ 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:-2, Nutrition Score:3.2834782751034%

Flavonoids

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

Nutrients (% of daily need)

Calories: 155.33kcal (7.77%), Fat: 8.73g (13.44%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 16.56g (6.02%), Sugar: 11.06g (12.29%), Cholesterol: 20.89mg (6.96%), Sodium: 110.75mg (4.82%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Caffeine: 6.1mg (2.03%), Protein: 2.21g (4.43%), Manganese: 0.22mg (11.21%), Copper: 0.14mg (7.07%), Selenium: 4.66µg (6.66%), Iron: 0.93mg (5.17%), Phosphorus: 47.73mg (4.77%), Magnesium: 18.61mg (4.65%), Vitamin B1: 0.06mg (4.29%), Folate: 16.94µg (4.23%), Vitamin A: 202.9IU

(4.06%), Vitamin B2: 0.07mg (4%), Fiber: 0.91g (3.63%), Zinc: 0.38mg (2.54%), Vitamin B3: 0.48mg (2.39%), Potassium: 67.99mg (1.94%), Vitamin E: 0.27mg (1.78%), Calcium: 17.29mg (1.73%), Vitamin B5: 0.15mg (1.52%), Vitamin B6: 0.03mg (1.41%), Vitamin B12: 0.07µg (1.11%)