



Salted Caramel Brownie Bites

 Vegetarian

READY IN



70 min.

SERVINGS



32

CALORIES



105 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix
- ☐ 8 individually wrapped caramels
- ☐ 6 tablespoons butter unsalted softened
- ☐ 1 cup powdered sugar
- ☐ 0.1 teaspoon kosher salt (coarse)
- ☐ 1 serving sea salt
- ☐ 1 tablespoon frangelico

Equipment




- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan).
- ☐ Place mini paper baking cup in each of 32 mini muffin cups.
- ☐ Make brownie batter as directed on box for cakelike brownies. Fill each muffin cup about three-fourths full.
- ☐ Bake 18 to 21 minutes or until toothpick inserted in center of brownie bites comes out almost clean. Cool in pan 5 minutes.
- ☐ Remove from pans to cooling rack. Cool completely, about 20 minutes.
- ☐ In small microwavable bowl, microwave caramels and half-and-half uncovered on High 1 minute, stirring every 30 seconds, until caramels are melted and mixture is smooth.
- ☐ Let stand about 15 minutes or until no longer warm to touch.
- ☐ In another small bowl, beat softened butter with electric mixer on medium speed until fluffy.
- ☐ Add melted caramel mixture; beat until well blended. On low speed, beat in 1/2 cup of the powdered sugar until smooth, scraping down side of bowl occasionally.
- ☐ Add remaining 1/2 cup powdered sugar; beat until smooth and frosting is fluffy. Beat in 1/8 teaspoon kosher salt.
- ☐ Pipe or spread frosting onto each brownie bite.
- ☐ Sprinkle with a small amount of coarse sea salt.

Nutrition Facts



 **PROTEIN 3.06%**  **FAT 34.11%**  **CARBS 62.83%**

Properties

Glycemic Index:2.03, Glycemic Load:1.25, Inflammation Score:-1, Nutrition Score:0.3073913053326%

Nutrients (% of daily need)

Calories: 105.47kcal (5.27%), Fat: 4.05g (6.23%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 16.77g (6.1%), Sugar: 12.34g (13.71%), Cholesterol: 5.82mg (1.94%), Sodium: 63.02mg (2.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Iron: 0.4mg (2.25%), Vitamin A: 66.65IU (1.33%)