

Salted Caramel Brownie Bites



Vegetarian

READY IN



150 min.

SERVINGS



42

CALORIES



145 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 18 individually wrapped caramels
- ☐ 42 servings sea salt
- ☐ 1 eggs
- ☐ 2 tablespoons half and half
- ☐ 1 teaspoons kosher salt (coarse)
- ☐ 2 cups powdered sugar
- ☐ 1 cup butter unsalted softened

- ☐ 0.3 cup vegetable oil
- ☐ 0.3 water

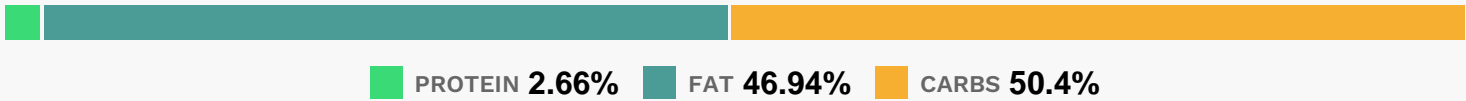
Equipment

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

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan).
- ☐ Place mini paper baking cup in each of 42 mini muffin cups.
- ☐ In medium bowl, stir together brownie mix, pouch of chocolate syrup, oil, water and egg until well blended. Fill each muffin cup with about 1 tablespoon batter or about 3/4 full.
- ☐ Bake 18 to 21 minutes or until toothpick inserted in edge of brownie bites comes out clean. Cool in pan 10 minutes.
- ☐ Remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ In microwavable bowl, microwave caramels and half-and-half on High in 30-second increments, stirring after each, until melted. Refrigerate 5 to 10 minutes or until cool to the touch.
- ☐ In large bowl, beat butter with electric mixer on medium-high speed 30 seconds or until fluffy. On low speed, beat in 1 cup of the powdered sugar until incorporated, scraping down sides of bowl occasionally. In 3 portions, add cooled caramel, beating well after each addition.
- ☐ Add remaining 1 cup powdered sugar; beat until incorporated and frosting is fluffy. Beat in 1/4 teaspoon of the kosher salt; taste. Repeat adding 1/4 teaspoon kosher salt at a time until desired saltiness is reached.
- ☐ Pipe or spread frosting onto each brownie bite.
- ☐ Sprinkle with a small amount of coarse sea salt.

Nutrition Facts



Properties

Glycemic Index:1.55, Glycemic Load:2.14, Inflammation Score:-1, Nutrition Score:0.73434782619386%

Nutrients (% of daily need)

Calories: 144.81kcal (7.24%), Fat: 7.68g (11.81%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 18.55g (6.75%), Sugar: 14.46g (16.06%), Cholesterol: 16.07mg (5.36%), Sodium: 297.75mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin A: 145.05IU (2.9%), Vitamin K: 2.85µg (2.72%), Iron: 0.37mg (2.07%), Vitamin E: 0.26mg (1.76%), Vitamin B2: 0.02mg (1.18%)