



Salted Caramel Brownies

READY IN



70 min.

SERVINGS



12

CALORIES



415 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 5 ounces mrs richardson's butterscotch caramel sauce such as fran's good
- 3 extra large eggs
- 0.5 cup flour all-purpose divided
- 1.5 tablespoons coffee granules such as nescafe instant
- 0.5 teaspoon kosher salt
- 2 teaspoons sea salt such as maldon flaked
- 8 ounces hershey's semisweet chocolate chips
- 1 cup sugar

- 0.5 pound butter unsalted (2 sticks)
- 3 ounces chocolate unsweetened
- 1 tablespoon vanilla extract pure

Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks
- microwave

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees. Butter and flour a 9 x 12 x 1-inch baking pan.
- Melt the butter, 8 ounces of the chocolate chips, and the unsweetened chocolate together in a medium bowl set over simmering water. Allow to cool for 15 minutes. In a large bowl, stir (do not beat) together the eggs, coffee, vanilla, and sugar. Stir the chocolate mixture into the egg mixture and allow to cool to room temperature.
- In a medium bowl, sift together 1/2 cup of the flour, the baking powder, and salt and add to the chocolate mixture. Toss the remaining 6 ounces of chocolate chips and the remaining 2 tablespoons of flour in a medium bowl and add them to the chocolate mixture.
- Spread evenly in the prepared pan.
- Bake for 35 minutes, until a toothpick comes out clean. Don't overbake!
- As soon as the brownies are out of the oven, place the jar of caramel sauce without the lid in a microwave and heat just until it's pourable. Stir until smooth.
- Drizzle the caramel evenly over the hot brownies and sprinkle with the sea salt. Cool completely and cut into 12 bars.

Nutrition Facts



■ PROTEIN 4.43% ■ FAT 58.12% ■ CARBS 37.45%

Properties

Glycemic Index:19.76, Glycemic Load:14.64, Inflammation Score:-5, Nutrition Score:8.6508695590107%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 414.7kcal (20.73%), Fat: 27.72g (42.64%), Saturated Fat: 16.61g (103.83%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 37.36g (13.58%), Sugar: 30.58g (33.98%), Cholesterol: 93.85mg (31.28%), Sodium: 603.9mg (26.26%), Alcohol: 0.37g (100%), Alcohol %: 0.49% (100%), Caffeine: 41.55mg (13.85%), Protein: 4.75g (9.51%), Manganese: 0.61mg (30.35%), Copper: 0.49mg (24.44%), Iron: 3.01mg (16.75%), Magnesium: 62.55mg (15.64%), Phosphorus: 132.89mg (13.29%), Selenium: 8.75µg (12.5%), Vitamin A: 567.98IU (11.36%), Fiber: 2.83g (11.32%), Zinc: 1.42mg (9.49%), Vitamin B2: 0.12mg (6.89%), Calcium: 68.67mg (6.87%), Potassium: 227.47mg (6.5%), Vitamin E: 0.73mg (4.9%), Folate: 18.9µg (4.72%), Vitamin B1: 0.06mg (4.27%), Vitamin B3: 0.76mg (3.81%), Vitamin D: 0.56µg (3.76%), Vitamin B12: 0.21µg (3.53%), Vitamin B5: 0.35mg (3.46%), Vitamin K: 3.44µg (3.28%), Vitamin B6: 0.04mg (1.77%)