



Salted Caramel Brownies

READY IN



60 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

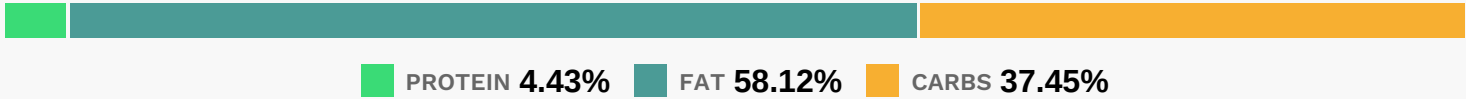
Equipment

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

Directions

- ☐ Preheat the oven to 350 degrees F. Butter and flour a 9 x 12 x 1 1/2-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 (see note below).
- ☐ 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.
- ☐ Photographs by Steve Giralt
- ☐ Recipe from Barefoot Contessa Foolproof: Recipes You Can Trust. Copyright (c) 2012 by Ina Garten. By Arrangement with Clarkson Potter, a division of Random House, Inc. for Food Network Magazine

Nutrition Facts



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%)