



Salted Caramel Brownies

READY IN



90 min.

SERVINGS



20

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 ounce bittersweet chocolate coarsely chopped
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 6 tablespoons butter melted
- ☐ 0.1 teaspoon sea salt
- ☐ 2 large eggs
- ☐ 3.5 tablespoons evaporated milk fat-free divided

- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup powdered sugar
- ☐ 0.8 cup cocoa unsweetened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract

Equipment

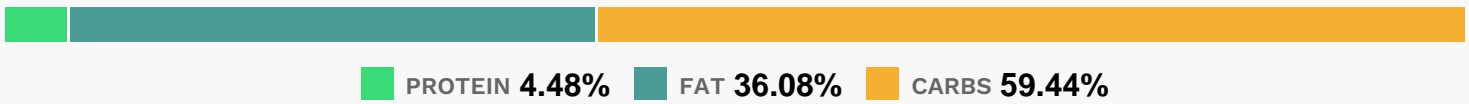
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ To prepare brownies, weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (through baking powder) in a large bowl, stirring well with a whisk.
- ☐ Combine 6 tablespoons butter, eggs, and 1 teaspoon vanilla.
- ☐ Add butter mixture to flour mixture; stir to combine. Scrape batter into a 9-inch square metal baking pan lightly coated with cooking spray.
- ☐ Bake at 350 for 19 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a wire rack.

- ☐ To prepare topping, melt 1/4 cup butter in a saucepan over medium heat.
- ☐ Add 1/4 cup brown sugar and 1 1/2 tablespoons milk; cook 2 minutes.
- ☐ Remove from heat.
- ☐ Add vanilla and powdered sugar; stir with a whisk until smooth.
- ☐ Spread mixture evenly over cooled brownies.
- ☐ Let stand 20 minutes or until set.
- ☐ Combine 2 tablespoons milk and chocolate in a microwave-safe bowl; microwave at HIGH for 45 seconds or until melted, stirring after 20 seconds. Stir just until smooth; drizzle over caramel.
- ☐ Sprinkle with sea salt; let stand until set.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:16.85, Glycemic Load:9.6, Inflammation Score:-2, Nutrition Score:3.2547825858321%

Flavonoids

Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epicatechin: 6.33mg, Epicatechin: 6.33mg, Epicatechin: 6.33mg, Epicatechin: 6.33mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 176.07kcal (8.8%), Fat: 7.44g (11.45%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 26.16g (9.51%), Sugar: 21.82g (24.25%), Cholesterol: 34.58mg (11.53%), Sodium: 83.67mg (3.64%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Caffeine: 8.64mg (2.88%), Protein: 2.08g (4.16%), Manganese: 0.18mg (9.12%), Copper: 0.16mg (7.78%), Fiber: 1.43g (5.73%), Selenium: 4.01µg (5.73%), Magnesium: 21.79mg (5.45%), Phosphorus: 51.87mg (5.19%), Iron: 0.93mg (5.14%), Vitamin A: 209.85IU (4.2%), Vitamin B2: 0.07mg (3.99%), Folate: 12.46µg (3.12%), Calcium: 29.94mg (2.99%), Vitamin B1: 0.04mg (2.89%), Potassium: 90.24mg (2.58%), Zinc: 0.39mg (2.57%), Vitamin B3: 0.38mg (1.9%), Vitamin E: 0.23mg (1.56%), Vitamin B5: 0.15mg (1.45%), Vitamin B12: 0.06µg (1.05%)