



## Salted Caramel Brownies

READY IN



45 min.

SERVINGS



45

CALORIES



131 kcal

DESSERT

### Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter
- 25 caramels kraft
- 4 eggs
- 1 cup flour
- 0.8 tsp ground pepper red (cayenne)
- 2 Tbsp milk
- 1 cup planters roasted peanuts dry divided coarsely chopped
- 2 cups sugar

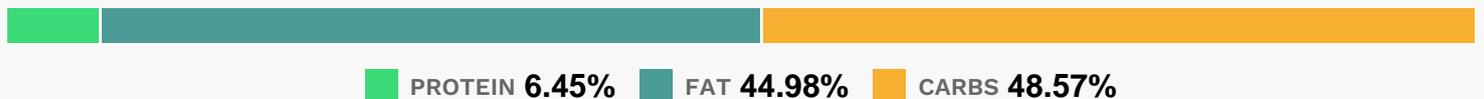
## Equipment

- bowl
- frying pan
- oven
- microwave

## Directions

- Heat oven to 350F.
- Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted. Stir in pepper.
- Add sugar; mix well. Blend in eggs.
- Add flour; mix well. Stir in 1/2 cup nuts.
- Spread half the batter into 13x9-inch pan sprayed with cooking spray.
- Microwave caramels and milk in microwaveable bowl on HIGH 2-1/2 min., stirring after 1 min. Stir until caramels are completely melted and mixture is well blended; spread over brownie batter in pan. Cover with remaining brownie batter. (Some caramel sauce may peek through.)
- Sprinkle with remaining nuts.
- Bake 25 to 30 min. or until top is firm to the touch. Cool.

## Nutrition Facts



## Properties

Glycemic Index:6.22, Glycemic Load:10.53, Inflammation Score:-2, Nutrition Score:2.7830435087823%

## Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg

## Nutrients (% of daily need)

Calories: 131.04kcal (6.55%), Fat: 6.92g (10.65%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 16.04g (5.83%), Sugar: 12.75g (14.17%), Cholesterol: 15.02mg (5.01%), Sodium: 69.52mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Manganese: 0.2mg (9.8%), Copper: 0.1mg (5.21%), Magnesium: 16.44mg (4.11%), Phosphorus: 40.89mg (4.09%), Selenium: 2.83µg (4.04%), Iron: 0.7mg (3.91%), Vitamin B2: 0.06mg (3.48%), Vitamin B3: 0.69mg (3.47%), Vitamin A: 172.35IU (3.45%), Fiber: 0.78g (3.13%), Zinc: 0.43mg (2.89%), Folate: 11.15µg (2.79%), Vitamin B1: 0.04mg (2.58%), Vitamin E: 0.37mg (2.46%), Potassium: 65.68mg (1.88%), Calcium: 16.84mg (1.68%), Vitamin B5: 0.16mg (1.63%), Vitamin B6: 0.03mg (1.43%)