



Salted Dulce de Leche Swirl Brownies

 Vegetarian

READY IN



375 min.

SERVINGS



9

CALORIES



500 kcal

DESSERT

Ingredients

- 14 oz condensed milk sweetened canned (not evaporated)
- 1 teaspoon salt
- 1 box brownie mix dark
- 1 serving vegetable oil for on brownie mix box
- 6 oz baker's chocolate dark chopped
- 1 serving sea salt

Equipment

- bowl

- frying pan
- baking paper
- oven
- toothpicks
- aluminum foil
- microwave
- butter knife

Directions

- Heat oven to 425°F.
- Pour sweetened condensed milk into 9-inch glass pie plate; cover with foil.
- Place pie plate in larger shallow pan with sides; carefully place pan with pie plate in oven. Fill larger pan with hot water so it almost comes to the top of the pan.
- Bake for 1 1/2 hours or until thick and caramel colored. Cool completely, about 1 hour. Stir in table salt; set aside.
- Heat oven to 350°F (325°F for dark or nonstick pan). Grease 9-inch square pan with shortening or cooking spray; line pan with cooking parchment paper.
- Make brownie mix as directed on box, using water, oil and eggs.
- Spread half of the brownie batter in pan. Top with one-third of the salted dulce de leche. With butter knife, swirl dulce de leche into batter. Carefully spread remaining brownie batter on top. Top with remaining two-thirds salted dulce del leche; swirl into batter.
- Bake 40 minutes or until toothpick inserted in center comes out almost clean (with a few moist crumbs). Cool completely.
- In small microwavable bowl, microwave dark chocolate uncovered on High 1 to 2 minutes, stirring every 30 seconds, until melted and smooth.
- Cut brownies into 3 rows by 3 rows. Top with melted dark chocolate and generous sprinkle of sea salt. Refrigerate until chocolate is set, about 15 minutes.

Nutrition Facts



PROTEIN 6.53% **FAT 37.6%** **CARBS 55.87%**

Properties

Glycemic Index:6.78, Glycemic Load:14.63, Inflammation Score:-4, Nutrition Score:10.323043343814%

Flavonoids

Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg

Nutrients (% of daily need)

Calories: 499.9kcal (24.99%), Fat: 22.14g (34.05%), Saturated Fat: 10.25g (64.06%), Carbohydrates: 74g (24.67%), Net Carbohydrates: 70.86g (25.77%), Sugar: 52.27g (58.08%), Cholesterol: 14.99mg (5%), Sodium: 505.93mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.12mg (5.04%), Protein: 8.65g (17.29%), Manganese: 0.79mg (39.55%), Copper: 0.62mg (30.89%), Iron: 4.97mg (27.6%), Phosphorus: 187.17mg (18.72%), Magnesium: 73.28mg (18.32%), Zinc: 2.24mg (14.9%), Calcium: 144.5mg (14.45%), Fiber: 3.14g (12.55%), Vitamin B2: 0.2mg (11.9%), Selenium: 8.06µg (11.51%), Potassium: 320.53mg (9.16%), Vitamin K: 4.96µg (4.72%), Vitamin B1: 0.07mg (4.5%), Vitamin B5: 0.36mg (3.62%), Vitamin B12: 0.19µg (3.23%), Folate: 10.14µg (2.54%), Vitamin A: 117.75IU (2.35%), Vitamin E: 0.27mg (1.82%), Vitamin B3: 0.35mg (1.74%), Vitamin C: 1.15mg (1.39%), Vitamin B6: 0.03mg (1.38%)