



Six-Layer Brownie Bars

READY IN



255 min.

SERVINGS



16

CALORIES



289 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 1 serving vegetable oil for on brownie mix box
- 0.5 cup coconut flakes flaked
- 0.5 cup toffee chips
- 0.5 cup semi chocolate chips
- 0.5 cup pecans chopped
- 0.7 cup condensed milk sweetened (from 14-oz can) (not evaporated)

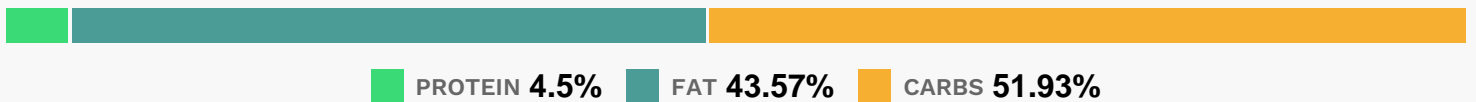
Equipment

- frying pan
- oven
- wire rack
- toothpicks
- aluminum foil

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Line 8-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray. Make brownie batter as directed on box.
- Spread in pan.
- Bake 35 to 38 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean.
- Top with coconut, toffee bits, chocolate chips and pecans.
- Drizzle evenly with condensed milk.
- Bake 18 to 22 minutes longer or until golden brown and bubbling along edges. Cool completely on cooling rack, about 3 hours. Using foil to lift, remove brownies from pan, and peel foil away.
- Cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:6.69, Inflammation Score:-1, Nutrition Score:3.4795652465976%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 288.72kcal (14.44%), Fat: 14.16g (21.78%), Saturated Fat: 6.06g (37.89%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 36.76g (13.37%), Sugar: 28.09g (31.21%), Cholesterol: 12.36mg (4.12%), Sodium: 110.5mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 3.29g (6.58%), Manganese: 0.3mg (15.08%), Iron: 1.35mg (7.52%), Copper: 0.13mg (6.72%), Phosphorus: 64.16mg (6.42%), Magnesium: 20.02mg (5.01%), Fiber: 1.21g (4.84%), Calcium: 45.29mg (4.53%), Selenium: 3.04µg (4.34%), Vitamin B2: 0.07mg (3.99%), Zinc: 0.49mg (3.24%), Potassium: 111.36mg (3.18%), Vitamin B1: 0.04mg (2.53%), Vitamin A: 123.93IU (2.48%), Vitamin K: 2.42µg (2.31%), Vitamin B5: 0.17mg (1.73%), Vitamin E: 0.25mg (1.69%), Vitamin B12: 0.07µg (1.24%), Vitamin B6: 0.02mg (1.21%)