



Six-Layer Brownie Bars

READY IN



165 min.

SERVINGS



30

CALORIES



258 kcal

DESSERT

Ingredients

- 1 box brownie mix (1 lb 6.25 oz)
- 0.5 cup butter melted
- 1 cup coconut or
- 1 eggs
- 1 cup pecans chopped
- 6 oz semi chocolate chips
- 14 oz condensed milk sweetened canned (not evaporated)
- 1 cup toffee chips

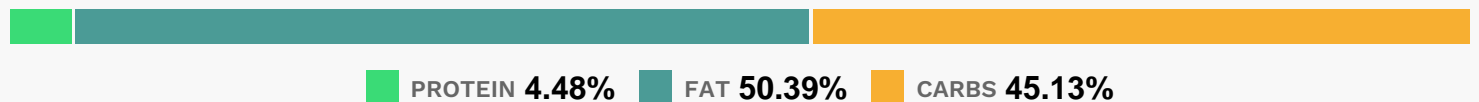
Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray. (For easier cutting, line pan with foil, then grease foil on bottom only of pan.)
- In large bowl, stir brownie mix, pouch of chocolate syrup, butter and egg until well blended. Press into pan.
- Bake 14 minutes (16 minutes for dark pan).
- Top with coconut, toffee bits, chocolate chips and pecans.
- Drizzle evenly with condensed milk to within 1/2 inch of sides.
- Bake 25 to 30 minutes longer or until center is set and edges are golden brown. Cool completely, about 1 hour 45 minutes. For bars, cut into 6 rows by 5 rows.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:7.03, Inflammation Score:-2, Nutrition Score:3.5234782669855%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg 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: 258.28kcal (12.91%), Fat: 14.66g (22.55%), Saturated Fat: 5.73g (35.84%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 28.5g (10.36%), Sugar: 23.03g (25.59%), Cholesterol: 18.5mg (6.17%), Sodium: 115.95mg (5.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 2.93g (5.87%), Manganese: 0.28mg (14%), Phosphorus: 67.59mg (6.76%), Copper: 0.13mg (6.46%), Iron: 1.05mg (5.81%), Vitamin A: 274.29IU (5.49%), Calcium: 48.64mg (4.86%), Magnesium: 19.27mg (4.82%), Selenium: 3.36µg (4.79%), Vitamin B2: 0.08mg (4.5%), Fiber: 1.04g (4.17%), Zinc: 0.5mg (3.31%), Potassium: 113.26mg (3.24%), Vitamin B1: 0.04mg (2.74%), Vitamin E: 0.32mg (2.12%), Vitamin B5: 0.19mg (1.92%), Vitamin B12: 0.09µg (1.57%), Vitamin B6: 0.02mg (1.06%)