



Spiked Football Brownies

READY IN



160 min.

SERVINGS



8

CALORIES



554 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix betty crocker® (1 lb 2.4 oz)
- ☐ 1 cup chocolate frosting betty crocker® (from 16 oz container)
- ☐ 2 inches grands flaky refrigerator biscuits football-shaped
- ☐ 2 eggs
- ☐ 4.3 oz chocolate icing white betty crocker®
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup irish whiskey

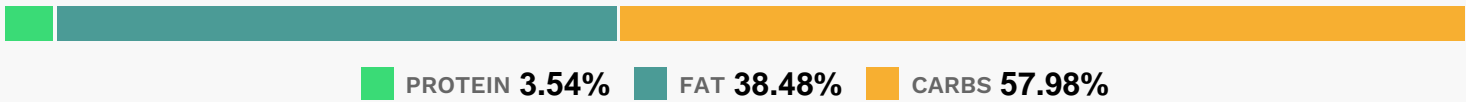
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, letting foil hang 2 inches over sides of pan. Spray foil with cooking spray.
- ☐ In medium bowl, stir brownie mix, chocolate syrup, oil, bourbon and eggs until well blended.
- ☐ Spread in pan.
- ☐ Bake 34 to 37 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely, about 1 1/2 hours.
- ☐ Using foil to lift, remove brownies from pan. With football-shaped cookie cutter, cut brownies into football shapes.
- ☐ Spread frosting on brownies. Pipe on decorating icing to look like football laces.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:4.65, Inflammation Score:-1, Nutrition Score:3.3639130566431%

Nutrients (% of daily need)

Calories: 553.9kcal (27.69%), Fat: 23.15g (35.62%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 78.49g (26.16%), Net Carbohydrates: 78.23g (28.45%), Sugar: 57.61g (64.01%), Cholesterol: 40.92mg (13.64%), Sodium: 283.42mg (12.32%), Alcohol: 2.65g (100%), Alcohol %: 2.53% (100%), Protein: 4.79g (9.58%), Vitamin K: 14.59µg (13.89%), Iron: 2.43mg (13.5%), Vitamin E: 1.36mg (9.06%), Vitamin B2: 0.1mg (6.04%), Selenium: 3.66µg (5.22%), Phosphorus: 47.45mg (4.74%), Manganese: 0.07mg (3.71%), Copper: 0.07mg (3.3%), Potassium: 76.3mg (2.18%), Vitamin B5: 0.19mg (1.87%), Magnesium: 7.49mg (1.87%), Folate: 7.17µg (1.79%), Vitamin B12: 0.1µg (1.63%), Zinc: 0.24mg (1.59%), Vitamin D: 0.22µg (1.47%), Vitamin A: 60.23IU (1.2%), Fiber: 0.26g (1.05%), Vitamin B6: 0.02mg (1.03%)