

Star-Spangled Brownies

airy Free







DESSERT

Ingredients

Ш	1 box brownie mix (1 lb 6.25 oz)
	1 tablespoons star anise
	0.3 cup vanilla frosting white (from 16 oz container)
	16 servings vegetable oil for on brownie mix box

Equipment

bowl
frying pan
oven

	knife		
	aluminum foil		
	microwave		
Directions			
	Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 9-inch square pan with shortening or cooking spray. (For easier cutting, line pan with foil, then grease foil on bottom only of pan.) Make brownies as directed on box. Cool completely, about 1 hour.		
	In small microwavable bowl, microwave frosting uncovered on High about 10 to 15 seconds or until drizzling consistency.		
	Drizzle frosting over brownies; sprinkle with star decors. For brownies, cut with plastic knife into 4 rows by 4 rows. Store covered at room temperature.		
Nutrition Facts			
	PROTEIN 2.34% FAT 58.21% CARBS 39.45%		

Properties

Glycemic Index:3, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:2.0378260931567%

Nutrients (% of daily need)

Calories: 287.17kcal (14.36%), Fat: 18.77g (28.87%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 28.49g (10.36%), Sugar: 18.78g (20.87%), Cholesterol: Omg (0%), Sodium: 101.89mg (4.43%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.7g (3.39%), Vitamin K: 26.36µg (25.1%), Vitamin E: 1.22mg (8.11%), Iron: 1.25mg (6.96%), Manganese: 0.02mg (1.08%)