



Strawberry-Fudge Brownies

 Vegetarian

READY IN



120 min.

SERVINGS



15

CALORIES



370 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 0.3 cup water
- 0.7 cup vegetable oil
- 2 eggs
- 1 cup strawberries frozen thawed drained
- 0.5 cup pecans chopped
- 0.5 cup almonds chopped
- 0.5 cup coconut flakes flaked

16 oz chocolate frosting

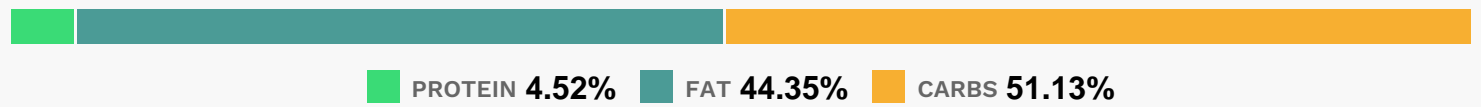
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- microwave

Directions

- Heat oven to 325°F. Grease bottom only of 13x9-inch pan with cooking spray or shortening.
- In medium bowl, beat brownie mix, water, oil and eggs with electric mixer on low speed 1 minute, scraping bowl occasionally.
- Add strawberries; beat 2 minutes longer. Stir in pecans, almonds and coconut.
- Spread batter in pan.
- Bake 40 to 45 minutes or until toothpick inserted in center and 2 inches from side of pan comes out almost clean. Cool completely, about 1 hour.
- In small microwavable bowl, microwave frosting uncovered on High about 15 seconds or until frosting can be stirred smooth.
- Spread or drizzle frosting over brownies.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:5.2986956186917%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin:

0.29mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 369.99kcal (18.5%), Fat: 18.78g (28.9%), Saturated Fat: 5.07g (31.67%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 46.85g (17.04%), Sugar: 35.36g (39.29%), Cholesterol: 21.82mg (7.27%), Sodium: 164.34mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Manganese: 0.46mg (23.07%), Vitamin E: 2mg (13.36%), Iron: 1.89mg (10.5%), Copper: 0.19mg (9.26%), Phosphorus: 76.64mg (7.66%), Fiber: 1.87g (7.48%), Magnesium: 28.16mg (7.04%), Vitamin C: 5.73mg (6.94%), Vitamin B2: 0.1mg (5.64%), Potassium: 147.27mg (4.21%), Selenium: 2.94µg (4.2%), Vitamin K: 3.93µg (3.74%), Zinc: 0.55mg (3.65%), Vitamin B1: 0.04mg (2.94%), Calcium: 23.46mg (2.35%), Folate: 8.52µg (2.13%), Vitamin B6: 0.04mg (1.93%), Vitamin B5: 0.19mg (1.87%), Vitamin B3: 0.31mg (1.55%)