



Strawberry-Fudge Brownies

 Vegetarian

READY IN



120 min.

SERVINGS



15

CALORIES



280 kcal

DESSERT

Ingredients

- 0.5 cup almonds chopped
- 1 box brownie mix (1 lb 2.3 oz)
- 0.5 cup chocolate frosting (from 1-lb container)
- 0.5 cup coconut flakes flaked
- 2 eggs
- 0.5 cup pecans chopped
- 1 cup strawberries frozen thawed drained
- 0.7 cup vegetable oil

0.3 cup water

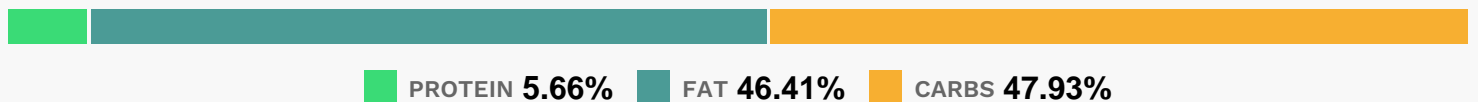
Equipment

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

Directions

- Heat oven to 325F. 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:-1, Nutrition Score:4.6100000013476%

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: 279.84kcal (13.99%), Fat: 14.79g (22.75%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 32.7g (11.89%), Sugar: 22.26g (24.74%), Cholesterol: 21.82mg (7.27%), Sodium: 122.79mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.11%), Manganese: 0.41mg (20.35%), Vitamin E: 1.65mg (10.99%), Iron: 1.57mg (8.71%), Copper: 0.14mg (6.99%), Vitamin C: 5.73mg (6.94%), Fiber: 1.67g (6.67%), Phosphorus: 58.7mg (5.87%), Magnesium: 23.39mg (5.85%), Vitamin B2: 0.09mg (5.42%), Selenium: 2.76µg (3.94%), Vitamin K: 3.93µg (3.74%), Zinc: 0.48mg (3.21%), Potassium: 102.77mg (2.94%), Vitamin B1: 0.04mg (2.74%), Calcium: 21.64mg (2.16%), Folate: 8.29µg (2.07%), Vitamin B6: 0.04mg (1.88%), Vitamin B5: 0.18mg (1.8%), Vitamin B3: 0.28mg (1.41%)