



## Sweet and Salty Brownies

 Dairy Free

READY IN



60 min.

SERVINGS



36

CALORIES



98 kcal

DESSERT

### Ingredients

- ☐ 1 box brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 0.5 cup pretzels crushed
- ☐ 0.5 cup bacon bits
- ☐ 0.5 cup roasted peanuts

### Equipment

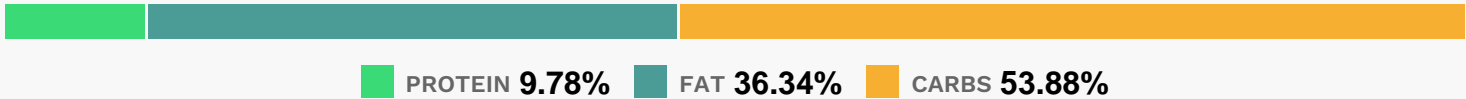
- ☐ frying pan
- ☐ baking paper

☐ oven

## Directions

- ☐ Line 9-inch square pan with cooking parchment paper, leaving paper hanging over 2 opposite sides of pan. Spray paper with cooking spray.
- ☐ Make brownie batter as directed on box using water, oil and eggs. Stir in pretzels, caramel bits and peanuts.
- ☐ Pour batter into pan.
- ☐ Bake and cool as directed on box.
- ☐ Cut into 6 rows by 6 rows.

## Nutrition Facts



## Properties

Glycemic Index:2.31, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:1.1452173995583%

## Nutrients (% of daily need)

Calories: 97.56kcal (4.88%), Fat: 3.98g (6.12%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 12.73g (4.63%), Sugar: 7.05g (7.83%), Cholesterol: 0mg (0%), Sodium: 122.09mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Manganese: 0.06mg (2.91%), Iron: 0.52mg (2.88%), Fiber: 0.55g (2.21%), Folate: 8.74µg (2.18%), Vitamin B3: 0.41mg (2.07%), Vitamin B1: 0.03mg (2.06%), Vitamin E: 0.26mg (1.76%), Magnesium: 6.85mg (1.71%), Copper: 0.03mg (1.64%), Phosphorus: 16.4mg (1.64%)