



Touchdown Brownies

 Vegetarian  Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



235 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 0.3 cup water
- 0.5 cup vegetable oil
- 2 eggs
- 4.3 oz chocolate icing white

Equipment

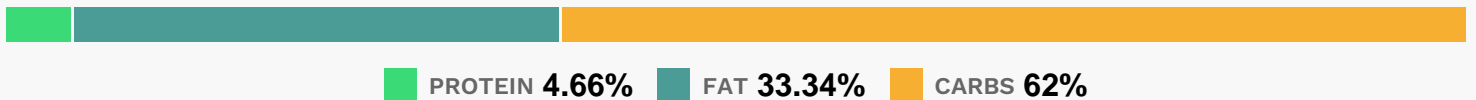
- bowl
- frying pan

- oven
- toothpicks
- aluminum foil
- cookie cutter

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Line 13x9-inch pan with foil, letting foil hang 2 inches over sides of pan. Grease bottom only of foil with shortening or cooking spray.
- In medium bowl, stir brownie mix, chocolate syrup, oil, water and eggs until well blended.
- Spread in pan.
- Bake 28 to 30 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 3 1/2x2 inch football-shaped cookie cutter, cut brownies into football shapes. Pipe on decorating icing to look like football laces.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:2.93, Inflammation Score:0, Nutrition Score:1.3313043386392%

Nutrients (% of daily need)

Calories: 235.21kcal (11.76%), Fat: 8.71g (13.41%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 36.47g (13.26%), Sugar: 25.11g (27.9%), Cholesterol: 27.28mg (9.09%), Sodium: 139.51mg (6.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Iron: 1.21mg (6.71%), Vitamin K: 4.67µg (4.45%), Vitamin B2: 0.06mg (3.76%), Selenium: 2.26µg (3.23%), Vitamin E: 0.38mg (2.53%), Phosphorus: 16.33mg (1.63%), Vitamin B5: 0.12mg (1.18%), Vitamin B12: 0.07µg (1.09%), Folate: 4.25µg (1.06%)