



WHATSheATE



## Touchdown Brownies



Vegetarian



Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



256 kcal

DESSERT

### Ingredients

- ☐ 1 box brownie mix (1 lb 6.25 oz)
- ☐ 2 eggs
- ☐ 4.3 oz chocolate icing white
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup water

### Equipment

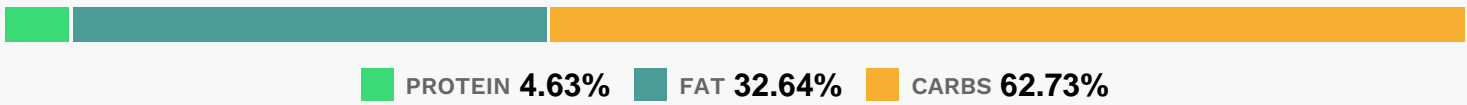
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil
- ☐ cookie cutter

## Directions

- ☐ Heat oven to 350F (325F 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:1.3630434699033%

## Nutrients (% of daily need)

Calories: 255.94kcal (12.8%), Fat: 9.28g (14.28%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 40.15g (13.38%), Net Carbohydrates: 40.15g (14.6%), Sugar: 27.44g (30.49%), Cholesterol: 27.28mg (9.09%), Sodium: 153.23mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.93%), Iron: 1.34mg (7.44%), 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%)