



Touchdown Brownies with Caramel Sauce

READY IN



75 min.

SERVINGS



12

CALORIES



1061 kcal

DESSERT

Ingredients

- 12 servings chocolate candy bar pieces
- 12 servings candy-coated chocolates whole crushed
- 12 servings chocolate sandwich cookies crushed
- 12 servings chocolate sauce
- 12 servings multi-colored sprinkles
- 4 eggs
- 1 cup flour all-purpose
- 12 servings mint leaves
- 12 servings nuts crushed

- 1 cup pecans crushed
- 1.5 cups sugar
- 1 tablespoon butter unsalted
- 2 sticks butter unsalted
- 4 ounce chocolate unsweetened
- 2 teaspoon vanilla extract
- 2 teaspoons vanilla extract
- 12 servings whipped cream for serving
- 12 servings whipped cream
- 1 cup whipping cream

Equipment

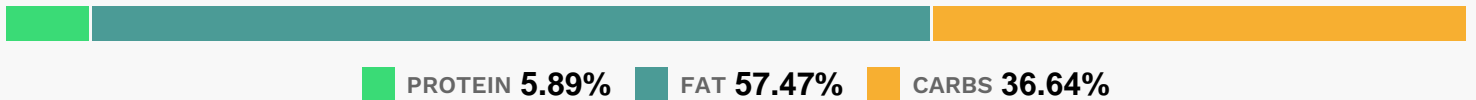
- bowl
- sauce pan
- baking paper
- oven
- whisk
- pot
- double boiler
- baking pan
- toothpicks

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Bring a pot of water to a boil and place a metal bowl or double boiler over it; make sure the bowl is not touching the water.
- Add the butter and chocolate squares to the bowl and stir until melted.
- Pour the melted chocolate into a large glass bowl.

- Add the sugar, flour, nuts, vanilla and eggs, and mix well.
- Line a 13- by 9- by 2-inch baking dish with parchment paper. Rub the parchment paper with butter to prevent sticking. Then pour the brownie batter into the dish.
- Bake until a wooden toothpick inserted in the center comes out clean, about 30 minutes.
- Remove the brownies from the oven.
- Use the parchment paper to lift the brownies from the baking dish.
- Cut into bars.
- Serve warm with vanilla ice cream and drizzle with Caramel Sauce.
- Garnish with additional toppings as desired.
- In a large saucepan, combine the sugar and 1 1/2 cups water. Cook and stir over high heat until the sugar is dissolved and the mixture comes to a boil. Reduce the heat to medium. Continue cooking, stirring occasionally, until the mixture is a golden color.
- Remove from the heat. Carefully whisk in the cream, half at a time. Stir in the butter and vanilla. Return to medium heat to melt any sugar lumps.
- Let cool.

Nutrition Facts



Properties

Glycemic Index:25.9, Glycemic Load:34.43, Inflammation Score:-8, Nutrition Score:20.788695760395%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 1060.85kcal (53.04%), Fat: 70.08g (107.81%), Saturated Fat: 31.85g (199.05%), Carbohydrates: 100.53g (33.51%), Net Carbohydrates: 93.62g (34.04%), Sugar: 73.43g (81.59%), Cholesterol: 158.08mg (52.69%), Sodium: 156.45mg (6.8%), Alcohol: 0.46g (100%), Alcohol %: 0.22% (100%), Caffeine: 8.2mg (2.73%), Protein: 16.16g (32.32%), Manganese: 1.49mg (74.28%), Copper: 0.94mg (46.91%), Phosphorus: 345.59mg (34.56%), Magnesium:

136.31mg (34.08%), Iron: 5.68mg (31.57%), Fiber: 6.91g (27.65%), Vitamin B2: 0.45mg (26.21%), Vitamin A: 1305.89IU (26.12%), Zinc: 3.26mg (21.76%), Calcium: 198.8mg (19.88%), Selenium: 12.11µg (17.29%), Vitamin B1: 0.25mg (16.84%), Folate: 66.12µg (16.53%), Potassium: 533.24mg (15.24%), Vitamin B3: 2.69mg (13.47%), Vitamin B5: 1.22mg (12.17%), Vitamin B6: 0.22mg (10.97%), Vitamin E: 1.46mg (9.7%), Vitamin B12: 0.47µg (7.86%), Vitamin D: 1.07µg (7.11%), Vitamin K: 6.73µg (6.41%), Vitamin C: 1.26mg (1.53%)