



Traditional Caramel-Drizzled Brownie Hearts

 Vegetarian

READY IN



135 min.

SERVINGS



12

CALORIES



358 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 14 oz individually wrapped caramels
- 3 tablespoons whipping cream
- 0.3 cup pecans chopped

Equipment

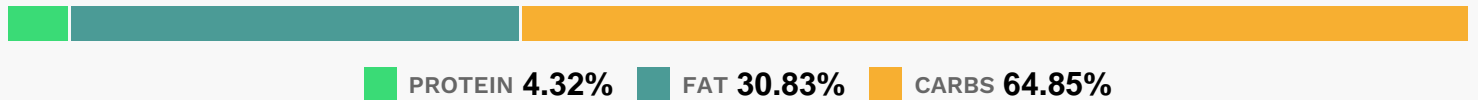
- bowl
- frying pan

- oven
- aluminum foil
- cookie cutter
- microwave

Directions

- Heat oven to 350°F. Line bottom and sides of 13x9-inch pan with foil. Grease bottom only of foil with shortening or cooking spray. Make and bake brownie mix as directed on box for 13x9-inch pan. Cool completely, about 1 hour.
- Using foil to lift, remove brownie from pan.
- Remove foil. With deep 3-inch heart-shaped cookie cutter, cut 12 brownies.
- In medium microwavable bowl, microwave caramels and whipping cream uncovered on High 1 to 3 minutes, stirring every minute, until caramels are melted.
- Arrange brownies on serving plate.
- Drizzle caramel mixture over brownies.
- Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:16.57, Inflammation Score:-1, Nutrition Score:2.5308695856644%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 357.75kcal (17.89%), Fat: 12.52g (19.26%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 59.27g (19.76%), Net Carbohydrates: 58.98g (21.45%), Sugar: 42.97g (47.75%), Cholesterol: 6.55mg (2.18%), Sodium: 206.14mg

(8.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Iron: 1.32mg (7.34%), Manganese: 0.14mg (7%), Vitamin B2: 0.1mg (5.63%), Calcium: 50.24mg (5.02%), Phosphorus: 48.27mg (4.83%), Vitamin B1: 0.05mg (3.65%), Vitamin K: 2.97µg (2.83%), Potassium: 86.76mg (2.48%), Vitamin B5: 0.24mg (2.41%), Magnesium: 9.55mg (2.39%), Vitamin E: 0.32mg (2.16%), Copper: 0.04mg (2.13%), Zinc: 0.29mg (1.94%), Vitamin B12: 0.11µg (1.75%), Vitamin A: 70.71IU (1.41%), Vitamin B6: 0.03mg (1.31%), Selenium: 0.82µg (1.18%), Fiber: 0.29g (1.16%)