



## Traditional Glazed Brownie Hearts

READY IN



145 min.

SERVINGS



14

CALORIES



301 kcal

DESSERT

### Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 16 oz chocolate frosting
- 1 serving sprinkles

### Equipment

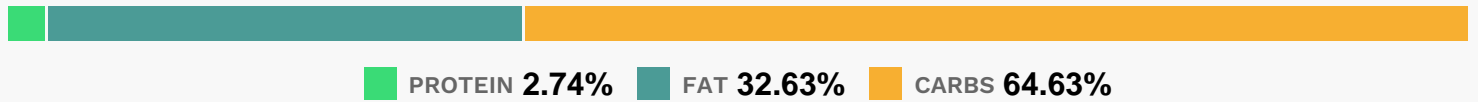
- bowl
- frying pan
- oven

- wire rack
- aluminum foil
- cookie cutter
- microwave

## Directions

- Heat oven to 350°F. Line bottom and sides of 13x9-inch pan with foil. Grease foil on bottom only of pan with shortening or cooking spray. Make and bake brownie mix as directed on box. Cool completely, about 1 hour.
- Using foil to lift, remove brownie from pan; remove foil. With deep 2 1/2-inch heart-shaped cookie cutter, cut 14 brownies.
- Place brownie hearts on a cooling rack or waxed paper.
- In microwavable bowl, microwave frosting uncovered on High 10 to 30 seconds. Stir; frosting will be thick and spoonable. DO NOT BOIL. Carefully spoon melted frosting over brownies to glaze, allowing excess to drip down sides.
- Sprinkle with candy sprinkles before frosting sets.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:1.3295652105918%

## Nutrients (% of daily need)

Calories: 301.14kcal (15.06%), Fat: 11.15g (17.15%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 49.67g (16.56%), Net Carbohydrates: 49.38g (17.96%), Sugar: 37.41g (41.57%), Cholesterol: 0mg (0%), Sodium: 165.66mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.21%), Iron: 1.48mg (8.24%), Vitamin E: 0.59mg (3.91%), Manganese: 0.08mg (3.89%), Copper: 0.06mg (3.24%), Phosphorus: 25.6mg (2.56%), Potassium: 63.5mg (1.81%), Vitamin K: 1.84µg (1.75%), Magnesium: 6.8mg (1.7%), Fiber: 0.29g (1.17%)