



Triple-Layered Brownies

READY IN



155 min.

SERVINGS



48

CALORIES



118 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 oz baker's chocolate unsweetened
- ☐ 2 eggs
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup whipping cream
- ☐ 12 oz peppermint candies white (2 cups)
- ☐ 1 cup cherries dried chopped

- ☐ 0.5 cup semi chocolate chips
- ☐ 2 tablespoons butter

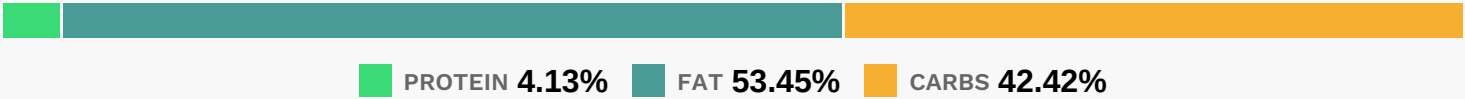
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 9-inch square pan with shortening and lightly flour, or spray with baking spray with flour.
- ☐ In 2-quart saucepan, melt 1/2 cup butter and the unsweetened chocolate over medium heat, stirring constantly.
- ☐ Remove from heat; cool 5 minutes. Stir in eggs, brown sugar, flour and vanilla until smooth.
- ☐ Spread evenly in pan.
- ☐ Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack about 30 minutes.
- ☐ Meanwhile, in 1-quart saucepan, heat whipping cream and white baking chips just to boiling over medium heat, stirring frequently.
- ☐ Remove from heat. Stir in cherries.
- ☐ Spread filling over brownies. Refrigerate about 30 minutes or until set.
- ☐ In small microwavable bowl, place chocolate chips and 2 tablespoons butter. Microwave uncovered on High 30 seconds; stir. Microwave 15 seconds longer; stir until melted and smooth.
- ☐ Spread glaze evenly over filling. Refrigerate at least 30 minutes. For brownies, cut into 8 rows by 6 rows. Cover and refrigerate any remaining brownies.

Nutrition Facts



Properties

Glycemic Index:3.65, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:1.5065217298334%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg

Nutrients (% of daily need)

Calories: 117.87kcal (5.89%), Fat: 7.26g (11.17%), Saturated Fat: 5.04g (31.5%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 12.34g (4.49%), Sugar: 10.57g (11.75%), Cholesterol: 16.07mg (5.36%), Sodium: 28.81mg (1.25%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 1.26g (2.52%), Manganese: 0.09mg (4.33%), Vitamin A: 210.6IU (4.21%), Copper: 0.07mg (3.36%), Iron: 0.49mg (2.74%), Fiber: 0.62g (2.48%), Calcium: 22.64mg (2.26%), Magnesium: 8.32mg (2.08%), Selenium: 1.42µg (2.02%), Phosphorus: 16.97mg (1.7%), Zinc: 0.21mg (1.38%), Vitamin B2: 0.02mg (1.33%)