

Turtle Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



577 kcal

DESSERT

Ingredients

- 24 individually wrapped caramels
- 4 eggs
- 1 cup flour all-purpose
- 42 pecans
- 2 cups pecans chopped
- 1 cup butter unsalted
- 1 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract

2 cups granulated sugar white

Equipment

frying pan

sauce pan

oven

wire rack

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.

Mix the sugar, butter, eggs and cocoa until just blended. Slowly add flour and one teaspoon of the vanilla.

Mix until just blended.

Spread batter in pan and top with chopped pecans.

Bake about 25 minutes.

Let cool on wire rack.

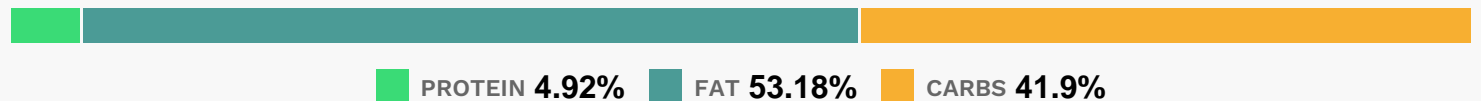
In saucepan over low heat, melt caramels, stirring until smooth.

Remove from heat and stir in remaining vanilla.

Drizzle over brownies in parallel rows and press pecan halves into the caramel in neat rows.

Let set for at least 10 minutes.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:39.13, Inflammation Score:-6, Nutrition Score:12.928260695675%

Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Delphinidin: 1.68mg, Delphinidin: 1.68mg, Delphinidin: 1.68mg, Delphinidin: 1.68mg Catechin: 6.32mg, Catechin: 6.32mg, Catechin: 6.32mg, Catechin: 6.32mg Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg Epicatechin: 14.27mg, Epicatechin: 14.27mg, Epicatechin: 14.27mg, Epicatechin: 14.27mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 576.91kcal (28.85%), Fat: 36.16g (55.63%), Saturated Fat: 12.69g (79.33%), Carbohydrates: 64.11g (21.37%), Net Carbohydrates: 58.96g (21.44%), Sugar: 47.59g (52.87%), Cholesterol: 96.63mg (32.21%), Sodium: 74.01mg (3.22%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Caffeine: 16.48mg (5.49%), Protein: 7.53g (15.05%), Manganese: 1.39mg (69.7%), Copper: 0.58mg (29.17%), Fiber: 5.15g (20.59%), Phosphorus: 184.17mg (18.42%), Magnesium: 71.58mg (17.9%), Vitamin B1: 0.27mg (17.81%), Selenium: 10.68µg (15.26%), Vitamin B2: 0.23mg (13.55%), Iron: 2.37mg (13.16%), Zinc: 1.9mg (12.69%), Vitamin A: 573.24IU (11.46%), Folate: 34.69µg (8.67%), Potassium: 283.89mg (8.11%), Vitamin E: 1.02mg (6.81%), Calcium: 67.64mg (6.76%), Vitamin B5: 0.63mg (6.33%), Vitamin B3: 1.09mg (5.46%), Vitamin B6: 0.1mg (4.92%), Vitamin D: 0.58µg (3.85%), Vitamin B12: 0.22µg (3.71%), Vitamin K: 2.75µg (2.62%)