

Turtle Brownies

 Vegetarian

READY IN



38 min.

SERVINGS



16

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 0.8 cup chocolate-covered chewy caramels miniature mini (such as Rolos)
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 0.7 cup flour all-purpose
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.1 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.5 cup cocoa unsweetened

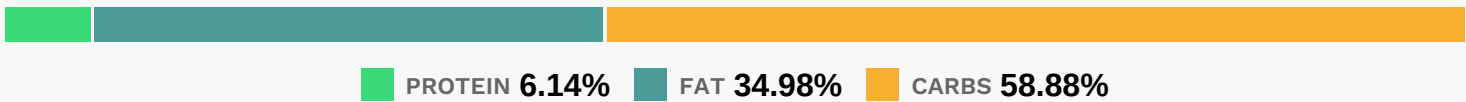
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Add egg whites and egg, stirring until blended.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt; add to sugar mixture, stirring just until blended. Stir in caramels and pecans.
- ☐ Spread brownie batter into a foil-lined 8-inch square pan coated with cooking spray.
- ☐ Bake at 350 for 23 to 24 minutes (wooden pick will not test clean). Cool completely in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.57, Glycemic Load:11.64, Inflammation Score:-2, Nutrition Score:3.26999999990671%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 5.3mg, Epicatechin: 5.3mg, Epicatechin: 5.3mg, Epicatechin: 5.3mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 166.97kcal (8.35%), Fat: 6.85g (10.53%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 25.93g (8.64%), Net Carbohydrates: 24.47g (8.9%), Sugar: 19.76g (21.95%), Cholesterol: 18.6mg (6.2%), Sodium: 81.22mg (3.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.85mg (2.28%), Protein: 2.7g (5.4%), Manganese: 0.24mg (12.14%), Copper: 0.14mg (7.04%), Selenium: 4.12µg (5.89%), Fiber: 1.45g (5.81%), Phosphorus: 49.69mg (4.97%), Vitamin B2: 0.08mg (4.95%), Magnesium: 18.22mg (4.55%), Iron: 0.8mg (4.43%), Vitamin B1: 0.06mg (4.12%), Calcium: 32.04mg (3.2%), Folate: 12.6µg (3.15%), Potassium: 88.53mg (2.53%), Zinc: 0.37mg (2.45%), Vitamin B3: 0.4mg (2.02%), Vitamin A: 97.16IU (1.94%), Vitamin E: 0.25mg (1.69%), Vitamin B12: 0.07µg (1.21%), Vitamin B5: 0.11mg (1.08%)