



Ultimate Turtle Brownies

 Popular

READY IN



190 min.

SERVINGS



16

CALORIES



258 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 20 individually wrapped caramels (from 11-oz bag)
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 0.8 cup bittersweet chocolate

Equipment

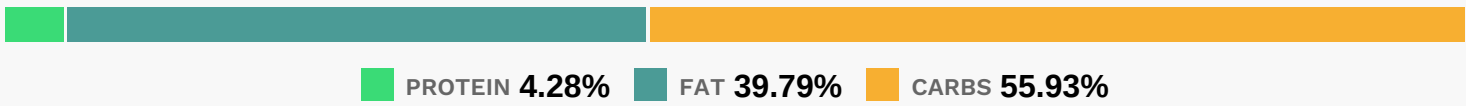
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Line 8-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides with shortening or cooking spray. Make brownie batter as directed on box.
- ☐ Remove 1 cup brownie batter; set aside.
- ☐ Spread remaining batter in pan.
- ☐ Bake 12 minutes.
- ☐ Meanwhile, in small microwavable bowl, microwave caramels and whipping cream uncovered on High 1 minute, stirring halfway through. Continue to microwave in 15-second intervals, until smooth.
- ☐ Pour caramel over partially baked brownie; carefully spread on top.
- ☐ Sprinkle 1/4 cup of the pecans. Drop remaining brownie batter by spoonfuls onto caramel layer; spread evenly.
- ☐ Sprinkle chocolate chunks and remaining 1/4 cup pecans.
- ☐ Bake 32 to 35 minutes longer or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool 1 hour at room temperature on cooling rack. Refrigerate 1 hour before serving. Using foil to lift, remove brownies from pan, and peel foil away.
- ☐ Cut into 4 rows by 4 rows. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:6.27, Inflammation Score:-1, Nutrition Score:2.8760869389643%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 257.91kcal (12.9%), Fat: 11.59g (17.83%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 35.67g (12.97%), Sugar: 25.45g (28.28%), Cholesterol: 3.49mg (1.16%), Sodium: 114.73mg (4.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.05mg (2.35%), Protein: 2.8g (5.61%), Manganese: 0.26mg (13.17%), Iron: 1.42mg (7.89%), Copper: 0.15mg (7.29%), Magnesium: 20.82mg (5.2%), Phosphorus: 46.1mg (4.61%), Fiber: 0.98g (3.93%), Zinc: 0.43mg (2.87%), Calcium: 25.96mg (2.6%), Vitamin B2: 0.04mg (2.59%), Vitamin B1: 0.04mg (2.56%), Potassium: 89.01mg (2.54%), Vitamin K: 2.6µg (2.48%), Vitamin E: 0.24mg (1.62%), Selenium: 1.1µg (1.57%), Vitamin B5: 0.14mg (1.36%)