



Aaron Sanchez's Mexican Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



226 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon cayenne pepper
- 4 large eggs
- 1 cup flour all-purpose
- 1 teaspoon ground mexican cinnamon (canela)
- 0.5 teaspoon kosher salt
- 2 cups sugar
- 2 sticks butter unsalted plus more for greasing

- 0.7 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract

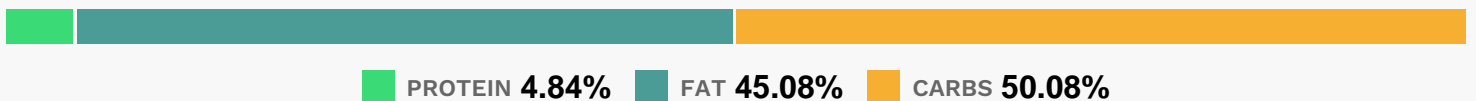
Equipment

- frying pan
- sauce pan
- baking paper
- oven
- baking pan
- toothpicks
- wooden spoon

Directions

- Preheat the oven to 350 degrees. Line a 9-by-13-inch baking dish with parchment paper, leaving an overhang on two sides. Press the paper into the corners of the pan and lightly grease the paper with butter.
- Melt the 2 sticks of butter in a nonstick saucepan over medium-low heat; do not boil.
- Remove from the heat and let cool slightly.
- Add the sugar, eggs and vanilla to the saucepan and stir with a wooden spoon until combined.
- Add the cocoa, flour, cinnamon, chili powder, salt and baking powder and mix until smooth.
- Spread the batter in the prepared pan and bake until a toothpick inserted in the middle comes out fudgy, 20 to 25 minutes. Cool in the pan on a rack, then use the parchment paper to lift out the brownies before slicing.
- Photograph by Kate Sears

Nutrition Facts



Properties

Glycemic Index:15.23, Glycemic Load:19.38, Inflammation Score:-3, Nutrition Score:4.0330435153421%

Flavonoids

Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 225.71kcal (11.29%), Fat: 11.82g (18.19%), Saturated Fat: 7.07g (44.17%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 28.12g (10.23%), Sugar: 22.36g (24.85%), Cholesterol: 68.33mg (22.78%), Sodium: 94.62mg (4.11%), Alcohol: 0.15g (100%), Alcohol %: 0.34% (100%), Caffeine: 7.33mg (2.44%), Protein: 2.86g (5.71%), Manganese: 0.2mg (9.76%), Selenium: 6.49µg (9.27%), Vitamin A: 385.65IU (7.71%), Copper: 0.14mg (7.16%), Vitamin B2: 0.1mg (6%), Phosphorus: 58.51mg (5.85%), Fiber: 1.43g (5.73%), Iron: 1mg (5.54%), Folate: 19.36µg (4.84%), Magnesium: 19.2mg (4.8%), Vitamin B1: 0.06mg (4.15%), Vitamin E: 0.43mg (2.84%), Zinc: 0.43mg (2.84%), Vitamin D: 0.41µg (2.74%), Vitamin B3: 0.5mg (2.49%), Vitamin B5: 0.22mg (2.23%), Calcium: 22.35mg (2.23%), Potassium: 76.37mg (2.18%), Vitamin B12: 0.12µg (2%), Vitamin B6: 0.03mg (1.35%), Vitamin K: 1.07µg (1.02%)