



Almond Butter Brownies



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



244 kcal

DESSERT

Ingredients

- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 3 large eggs room temperature
- ☐ 1.3 cups granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces butter unsalted
- ☐ 0.5 cup cocoa powder dark unsweetened (I used half Hershey's , half Hershey's Natural)
- ☐ 1 teaspoon vanilla
- ☐ 1 packet starbucks via or dissolved in ½ tablespoon water instant

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F. Line an 8 inch square metal pan with nonstick foil. In a saucepan, heat the butter over medium, swirling every couple of minutes, until the butter foams and eventually starts to turn brown around the edges.
- ☐ Remove from heat and add the chocolate.
- ☐ Let the chocolate sit in the hot butter for about 2 minutes to melt, then stir until smooth. Stir in the cocoa powder, coffee/water mixture, salt and vanilla. In a mixing bowl using an electric mixer, beat the eggs. Gradually add the granulated sugar, beating constantly. Beat for about 5 minutes.
- ☐ Mixture should almost triple in volume (though I 'm not sure mine did!). Beat in the almond butter until smooth.
- ☐ Add the chocolate mixture and beat until smooth.
- ☐ Pour the mixture in the pan.
- ☐ Bake on center rack for 45 to 50 minutes.
- ☐ Remove from the oven and let cool completely, then chill for about 2 hours or until firm and cold. Lift from pan and cut. Alternatively, as soon as you take the brownies from the oven, plunge the pan into a roasting pan with ice water to quick cool.
- ☐ Put them in the refrigerator.

Nutrition Facts



 **PROTEIN 3.94%**  **FAT 59.94%**  **CARBS 36.12%**

Properties

Glycemic Index:4.38, Glycemic Load:10.91, Inflammation Score:-4, Nutrition Score:4.2643478046293%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 244.04kcal (12.2%), Fat: 16.88g (25.97%), Saturated Fat: 10.13g (63.34%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 21.05g (7.65%), Sugar: 19.62g (21.8%), Cholesterol: 65.99mg (22%), Sodium: 53.06mg (2.31%), Alcohol: 0.09g (100%), Alcohol %: 0.21% (100%), Caffeine: 19.25mg (6.42%), Protein: 2.49g (4.99%), Manganese: 0.25mg (12.53%), Copper: 0.25mg (12.25%), Magnesium: 33.97mg (8.49%), Vitamin A: 410.17IU (8.2%), Fiber: 1.84g (7.38%), Phosphorus: 69.73mg (6.97%), Iron: 1.23mg (6.81%), Selenium: 4.41µg (6.3%), Zinc: 0.6mg (4.01%), Vitamin B2: 0.06mg (3.69%), Potassium: 122.58mg (3.5%), Vitamin E: 0.49mg (3.28%), Vitamin D: 0.4µg (2.67%), Vitamin B12: 0.13µg (2.11%), Vitamin B5: 0.2mg (1.98%), Calcium: 19.07mg (1.91%), Vitamin K: 1.86µg (1.77%), Folate: 5.69µg (1.42%), Vitamin B6: 0.02mg (1.16%)