



Amaretto Brownies

READY IN



80 min.

SERVINGS



32

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 0.7 cup slivered almonds toasted
- ☐ 8 oz baker's chocolate
- ☐ 0.3 cup butter
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons amaretto
- ☐ 2 eggs

- ☐ 2 cups powdered sugar
- ☐ 3 tablespoons butter softened
- ☐ 1 tablespoon amaretto
- ☐ 1 tablespoons milk

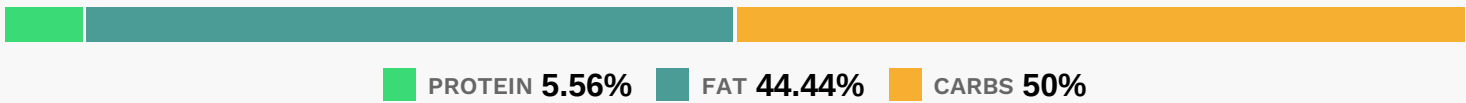
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 13x9-inch pan with shortening or cooking spray. In food processor, place 1/3 cup of the almonds. Cover and process, using quick on-and-off motions, until almonds are ground. Chop remaining almonds; set aside.
- ☐ In 3-quart saucepan, melt chocolate and 1/3 cup butter over low heat, stirring frequently, until smooth; remove from heat. Stir in ground almonds, flour, granulated sugar, baking powder, salt, 2 tablespoons amaretto and the eggs. In pan, spread batter evenly.
- ☐ Bake 22 to 27 minutes or until toothpick inserted in center comes out clean. Cool completely.
- ☐ In medium bowl, mix all frosting ingredients until smooth and spreadable.
- ☐ Spread frosting over brownies.
- ☐ Sprinkle with chopped almonds. For brownies, cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:8.91, Glycemic Load:7.12, Inflammation Score:-3, Nutrition Score:4.3739130773136%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 10.07mg, Epicatechin: 10.07mg, Epicatechin: 10.07mg, Epicatechin: 10.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 154.6kcal (7.73%), Fat: 8.14g (12.52%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 19.01g (6.91%), Sugar: 14.23g (15.82%), Cholesterol: 10.29mg (3.43%), Sodium: 90.49mg (3.93%), Alcohol: 0.37g (100%), Alcohol %: 1.27% (100%), Caffeine: 6.04mg (2.01%), Protein: 2.29g (4.58%), Manganese: 0.38mg (19.09%), Copper: 0.26mg (13.14%), Iron: 1.61mg (8.97%), Magnesium: 30.9mg (7.72%), Fiber: 1.59g (6.36%), Zinc: 0.83mg (5.51%), Phosphorus: 54.03mg (5.4%), Vitamin E: 0.75mg (5%), Selenium: 3.26µg (4.66%), Vitamin B2: 0.07mg (4.37%), Vitamin B1: 0.06mg (3.68%), Folate: 13.24µg (3.31%), Vitamin A: 147.16IU (2.94%), Potassium: 87.31mg (2.49%), Calcium: 24.68mg (2.47%), Vitamin B3: 0.47mg (2.36%)