



Amaretto-Walnut Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



459 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almond liqueur
- ☐ 1 cup butter
- ☐ 1 ounce chocolate squares unsweetened
- ☐ 0.3 cup swiss mocha coffee mix instant
- ☐ 5 large eggs
- ☐ 1.7 cups flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 3.3 cups sugar

- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup walnuts toasted coarsely chopped

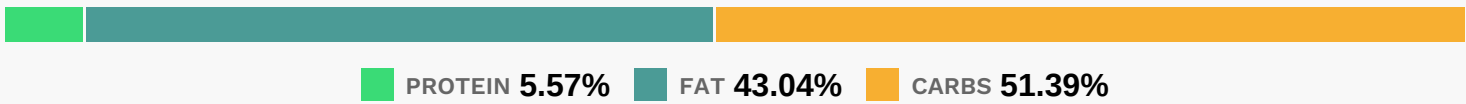
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Soak chopped walnuts in liqueur 4 to 6 hours.
- ☐ Drain, discarding liqueur. Set walnuts aside.
- ☐ Melt butter and chocolate in a heavy saucepan over low heat.
- ☐ Beat eggs, sugar, and coffee mix at medium-high speed with an electric mixer 8 minutes. Gradually add chocolate mixture, beating at low speed until blended. Gradually add vanilla, flour, and salt, beating until blended. Stir in walnuts.
- ☐ Pour into a lightly greased aluminum foil-lined 13- x 9-inch pan.
- ☐ Bake at 350 for 35 to 45 minutes. Cool completely on a wire rack.
- ☐ Cut into squares.
- ☐ Note: For testing purposes only, we used International Coffees Suisse Mocha for coffee mix.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:38.85, Inflammation Score:-5, Nutrition Score:8.8873912300105%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 458.5kcal (22.93%), Fat: 22.61g (34.78%), Saturated Fat: 9.6g (60%), Carbohydrates: 60.74g (20.25%), Net Carbohydrates: 58.93g (21.43%), Sugar: 45g (50%), Cholesterol: 94.54mg (31.51%), Sodium: 143.27mg (6.23%), Alcohol: 0.3g (100%), Alcohol %: 0.35% (100%), Caffeine: 125.33mg (41.78%), Protein: 6.58g (13.17%), Manganese: 0.62mg (31.23%), Selenium: 11.47µg (16.39%), Copper: 0.28mg (13.77%), Vitamin B2: 0.23mg (13.53%), Magnesium: 49.73mg (12.43%), Vitamin E: 1.82mg (12.11%), Phosphorus: 121.11mg (12.11%), Vitamin B3: 2.24mg (11.2%), Folate: 43.97µg (10.99%), Vitamin B1: 0.16mg (10.4%), Iron: 1.87mg (10.38%), Vitamin A: 469.79IU (9.4%), Potassium: 268.28mg (7.67%), Fiber: 1.81g (7.23%), Zinc: 0.92mg (6.11%), Calcium: 43.54mg (4.35%), Vitamin B6: 0.09mg (4.26%), Vitamin B5: 0.41mg (4.07%), Vitamin B12: 0.17µg (2.9%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.62µg (1.54%)