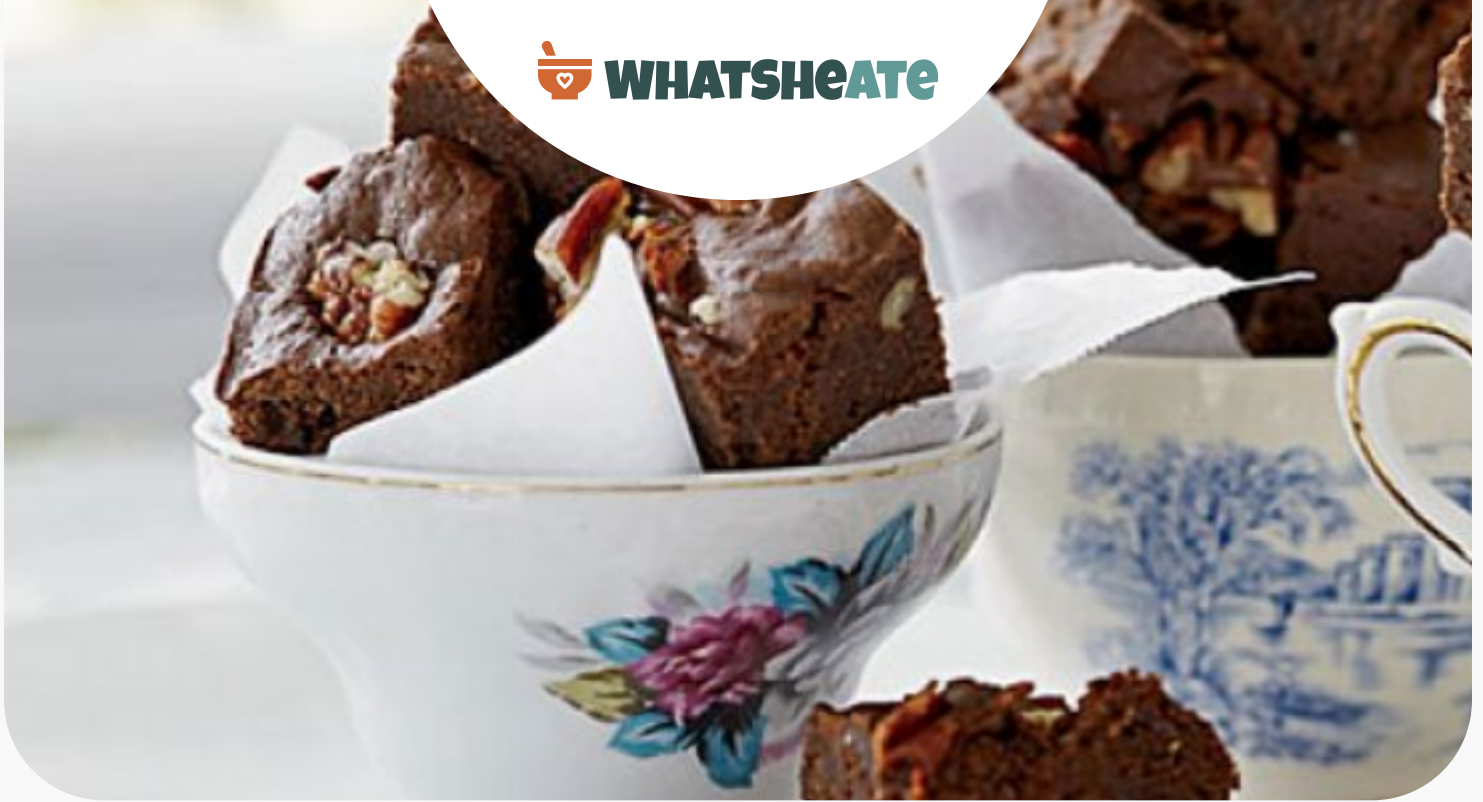




Bacon-Bourbon Brownies with Pecans

READY IN



100 min.

SERVINGS



30

CALORIES



200 kcal

Ingredients

- ☐ 0.5 pound bacon sliced
- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 3 tablespoons bourbon
- ☐ 1 stick plus 2 tablespoons butter unsalted
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup pecans
- ☐ 1 teaspoon salt

- ☐ 2 ounces chocolate unsweetened chopped
- ☐ 0.3 cup cocoa powder unsweetened

Equipment

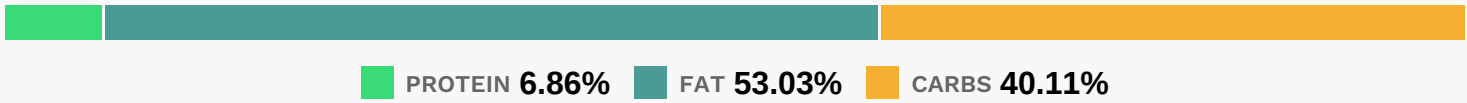
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 35
- ☐ Line a 9-inch square baking pan with parchment paper, allowing 2 inches of overhang on 2 opposite sides. Spray the paper with vegetable spray.
- ☐ Spread the pecans in a pie plate and toast for about 8 minutes, until fragrant.
- ☐ Let cool, then coarsely chop the nuts.
- ☐ In a skillet, cook the bacon over moderate heat, turning once, until crisp, 6 minutes.
- ☐ Drain on paper towels and let cool; reserve 3 tablespoons of the fat. Finely chop the bacon.
- ☐ In a saucepan, combine both chocolates with the butter and stir over very low heat, until melted; scrape into a large bowl. Using a handheld electric mixer, beat in both sugars with the reserved 3 tablespoons of bacon fat. Beat in the bourbon.
- ☐ Add the eggs and salt and beat until smooth. Sift the cocoa and flour into the bowl and beat until blended.
- ☐ Scrape the batter into the prepared pan and sprinkle the bacon and pecans on top.
- ☐ Bake for about 50 minutes, until the brownies are set around the edges but slightly wobbly in the center; a toothpick inserted into the center should have some batter clinging to it.

- ☐
- Transfer the pan to a rack and let the brownies cool completely. Lift the brownies out of the pan using the parchment paper.
- ☐
- Cut into squares or rectangles and serve.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:8.11, Inflammation Score:-2, Nutrition Score:4.6404347997969%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 4.1mg, Epicatechin: 4.1mg, Epicatechin: 4.1mg, Epicatechin: 4.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 200.16kcal (10.01%), Fat: 11.94g (18.37%), Saturated Fat: 5.6g (34.98%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 18.81g (6.84%), Sugar: 13.12g (14.58%), Cholesterol: 38.34mg (12.78%), Sodium: 163.84mg (7.12%), Alcohol: 0.5g (100%), Alcohol %: 1.32% (100%), Caffeine: 9.66mg (3.22%), Protein: 3.47g (6.95%), Manganese: 0.33mg (16.45%), Copper: 0.22mg (11.1%), Selenium: 6.76µg (9.66%), Iron: 1.42mg (7.87%), Magnesium: 28.55mg (7.14%), Phosphorus: 68.99mg (6.9%), Fiber: 1.51g (6.04%), Vitamin B1: 0.09mg (5.97%), Zinc: 0.73mg (4.87%), Vitamin B2: 0.08mg (4.68%), Vitamin B3: 0.81mg (4.04%), Folate: 15.84µg (3.96%), Potassium: 113.03mg (3.23%), Vitamin A: 137.63IU (2.75%), Vitamin B5: 0.22mg (2.22%), Vitamin B6: 0.04mg (2.16%), Vitamin B12: 0.12µg (1.95%), Vitamin E: 0.27mg (1.8%), Calcium: 17.78mg (1.78%), Vitamin D: 0.16µg (1.09%), Vitamin K: 1.11µg (1.05%)