



BAKER'S Mocha Brownie Sweethearts

 Dairy Free

READY IN



95 min.

SERVINGS



35

CALORIES



148 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter
- 4 eggs
- 1 cup flour
- 0.5 cup maxwell house international suisse mocha
- 4 oz baker's semi-sweet chocolate (6 oz.)
- 2 cups sugar
- 1 tsp vanilla

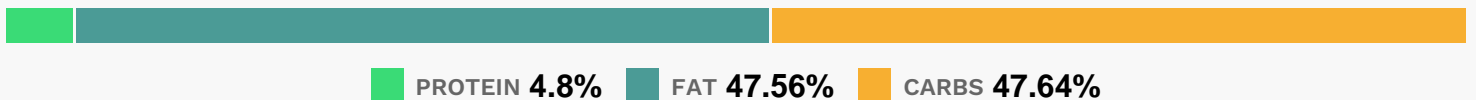
Equipment

- bowl
- frying pan
- oven
- toothpicks
- aluminum foil
- cookie cutter
- microwave

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides; spray with cooking spray.
- Microwave unsweetened chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted; stir until chocolate is completely melted and mixture is well blended. Stir in sugar. Blend in eggs and vanilla.
- Add flour and flavored instant coffee; mix well.
- Pour into prepared pan.
- Bake 30 to 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool completely.
- Use foil handles to remove brownie from pan; cut into shapes with 1-1/2-inch heart-shaped cookie cutter. Discard scraps or reserve for another use. (See tip.)
- Melt semi-sweet chocolate as directed on package. Dip tops of brownie hearts, 1 at a time, into melted chocolate; place, dipped sides up, on plate. Refrigerate until chocolate glaze is firm.

Nutrition Facts



Properties

Glycemic Index:4.15, Glycemic Load:9.95, Inflammation Score:-2, Nutrition Score:3.0356521765985%

Flavonoids

Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg Epicatechin: 4.6mg, Epicatechin: 4.6mg, Epicatechin: 4.6mg, Epicatechin: 4.6mg

Nutrients (% of daily need)

Calories: 147.62kcal (7.38%), Fat: 8.13g (12.51%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 18.32g (6.11%), Net Carbohydrates: 17.25g (6.27%), Sugar: 13.7g (15.22%), Cholesterol: 19.22mg (6.41%), Sodium: 54.92mg (2.39%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Caffeine: 25.75mg (8.58%), Protein: 1.84g (3.69%), Manganese: 0.22mg (10.9%), Copper: 0.17mg (8.43%), Iron: 1.09mg (6.08%), Magnesium: 20.44mg (5.11%), Selenium: 3.43µg (4.89%), Fiber: 1.08g (4.3%), Vitamin A: 202.77IU (4.06%), Phosphorus: 39.6mg (3.96%), Zinc: 0.52mg (3.47%), Vitamin B2: 0.06mg (3.29%), Folate: 9.93µg (2.48%), Vitamin B1: 0.04mg (2.45%), Potassium: 66.78mg (1.91%), Vitamin E: 0.24mg (1.62%), Vitamin B3: 0.3mg (1.51%), Calcium: 12.65mg (1.26%), Vitamin B5: 0.11mg (1.15%)