



## BAKER'SÂ® Easy Minty Brownies

 Dairy Free

READY IN



115 min.

SERVINGS



55

CALORIES



127 kcal

DESSERT

### Ingredients

- 4 oz baker's chocolate unsweetened
- 1 cup butter divided (2 sticks)
- 4 eggs
- 1 cup flour
- 1 tsp peppermint extract
- 4 oz baker's semi-sweet chocolate
- 2 cups sugar
- 16 oz ready-to-spread vanilla frosting canned

0.3 cup water

## Equipment

bowl

frying pan

oven

baking pan

toothpicks

aluminum foil

microwave

cutting board

## Directions

Preheat oven to 350F. Line 13x9-inch baking pan with foil, with ends of foil extending over sides of pan. Grease foil. Microwave unsweetened chocolate and 3/4 cup of the butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted. Stir in sugar. Blend in eggs.

Add flour; mix well.

Spread into prepared pan.

Bake 30 to 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool in pan.

Stir peppermint extract into frosting; spread evenly over cooled brownies. Microwave semi-sweet chocolate, remaining 1/4 cup butter and the water in medium microwaveable bowl on HIGH 1-1/2 min. or until butter is melted. Stir until chocolate is completely melted. Cool to room temperature.

Spread evenly over frosting; cover. Refrigerate at least 1 hour before serving. Lift out of pan onto cutting board, using foil handles.

Cut into 36 squares.

## Nutrition Facts



■ PROTEIN 3.25% ■ FAT 47.05% ■ CARBS 49.7%

## Properties

Glycemic Index:3.42, Glycemic Load:8.74, Inflammation Score:-2, Nutrition Score:2.0204347648212%

## Flavonoids

Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg

## Nutrients (% of daily need)

Calories: 127.48kcal (6.37%), Fat: 6.88g (10.58%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 15.78g (5.74%), Sugar: 13.27g (14.74%), Cholesterol: 12.03mg (4.01%), Sodium: 59.52mg (2.59%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Caffeine: 3.42mg (1.14%), Protein: 1.07g (2.13%), Manganese: 0.13mg (6.5%), Copper: 0.1mg (4.94%), Iron: 0.67mg (3.71%), Vitamin B2: 0.06mg (3.34%), Vitamin A: 165.94IU (3.32%), Selenium: 2.14µg (3.06%), Magnesium: 11.48mg (2.87%), Phosphorus: 24.84mg (2.48%), Fiber: 0.57g (2.27%), Zinc: 0.32mg (2.11%), Vitamin E: 0.31mg (2.06%), Folate: 6.94µg (1.74%), Vitamin B1: 0.02mg (1.6%), Vitamin K: 1.44µg (1.37%), Potassium: 40.45mg (1.16%), Vitamin B3: 0.2mg (1.01%)