



Bittersweet Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup bittersweet chocolate chips
- ☐ 6 tablespoons butter melted
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 6.8 ounces flour all-purpose
- ☐ 1.3 cups granulated sugar
- ☐ 1 tablespoon espresso powder

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup unsweetened cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine 1/4 cup boiling water and espresso in a medium bowl.
- ☐ Add chocolate chips, stirring until chocolate melts; cool slightly. Stir in butter, vanilla, egg, and egg white.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (through salt), stirring with a whisk.
- ☐ Add coffee mixture to flour mixture, stirring just until moist. Spoon batter into a 9-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.
- ☐ Sprinkle with powdered sugar, if desired.

Nutrition Facts



 **PROTEIN 5.93%**  **FAT 29.63%**  **CARBS 64.44%**

Properties

Glycemic Index:12.19, Glycemic Load:18.24, Inflammation Score:0, Nutrition Score:3.8447825592821%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 173.91kcal (8.7%), Fat: 5.98g (9.2%), Saturated Fat: 3.85g (24.05%), Carbohydrates: 29.28g (9.76%), Net Carbohydrates: 27.85g (10.13%), Sugar: 17.72g (19.69%), Cholesterol: 22.94mg (7.65%), Sodium: 82.47mg (3.59%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Caffeine: 15.99mg (5.33%), Protein: 2.69g (5.39%), Manganese: 0.2mg (9.86%), Selenium: 6.15µg (8.78%), Vitamin B1: 0.1mg (6.7%), Copper: 0.13mg (6.47%), Folate: 25.05µg (6.26%), Phosphorus: 62.07mg (6.21%), Iron: 1.07mg (5.92%), Vitamin B2: 0.1mg (5.84%), Fiber: 1.43g (5.72%), Magnesium: 18.91mg (4.73%), Vitamin B3: 0.89mg (4.45%), Potassium: 117.22mg (3.35%), Vitamin A: 148.35IU (2.97%), Calcium: 28.49mg (2.85%), Zinc: 0.42mg (2.78%), Vitamin E: 0.21mg (1.39%), Vitamin B5: 0.14mg (1.38%)