



Brandied Cherry Brownie Bites



Vegetarian



Vegan



Dairy Free

READY IN



170 min.

SERVINGS



48

CALORIES



125 kcal

DESSERT

Ingredients

- ☐ 1 cup cherries dried
- ☐ 0.3 cup brandy
- ☐ 1 box brownie mix dark
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 0.8 cup hazelnuts toasted chopped (filberts)
- ☐ 12 oz baker's chocolate chopped
- ☐ 0.5 cup nutella with cocoa

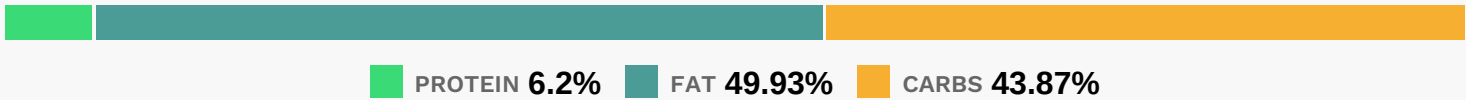
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Spray 9-inch square pan with cooking spray. In 1-quart saucepan, heat cherries and brandy to simmering over medium heat.
- ☐ Remove from heat; let stand 15 minutes.
- ☐ Make brownie mix as directed on box, using water, oil and egg, except stirring in cherries, any remaining brandy and 1/2 cup of the hazelnuts.
- ☐ Pour into pan.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack 30 minutes. Refrigerate 1 hour.
- ☐ Line cookie sheet with waxed paper. With spoon, scoop out brownies and shape into 1-inch balls; place on cookie sheet.
- ☐ In microwavable bowl, microwave baking chocolate uncovered on High 1 minute or until melted, stirring after 30 seconds. Stir in hazelnut spread until well blended. With fork, dip brownie balls, one at a time, into chocolate mixture; tap off excess. Return to cookie sheet.
- ☐ Sprinkle with remaining 1/4 cup hazelnuts. Refrigerate 30 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:1.24, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:3.7443478029707%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 4.58mg, Catechin: 4.58mg, Catechin: 4.58mg, Catechin: 4.58mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 10.06mg, Epicatechin: 10.06mg, Epicatechin: 10.06mg, Epicatechin: 10.06mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg

Nutrients (% of daily need)

Calories: 125.44kcal (6.27%), Fat: 7.35g (11.31%), Saturated Fat: 3.59g (22.41%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 12.77g (4.65%), Sugar: 8.41g (9.35%), Cholesterol: 0mg (0%), Sodium: 34.43mg (1.5%), Alcohol: 0.56g (100%), Alcohol %: 2.59% (100%), Caffeine: 5.89mg (1.96%), Protein: 2.05g (4.11%), Manganese: 0.44mg (21.93%), Copper: 0.28mg (13.82%), Iron: 1.8mg (9.99%), Magnesium: 28.23mg (7.06%), Fiber: 1.76g (7.06%), Zinc: 0.76mg (5.08%), Phosphorus: 38.6mg (3.86%), Vitamin E: 0.49mg (3.26%), Potassium: 84.33mg (2.41%), Vitamin A: 90.12IU (1.8%), Vitamin B1: 0.03mg (1.68%), Calcium: 14.94mg (1.49%), Vitamin K: 1.55µg (1.48%), Folate: 4.54µg (1.14%), Selenium: 0.73µg (1.05%)