



Brownies with Toasted Ancho

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



497 kcal

DESSERT

Ingredients

- ☐ 100 grams all purpose flour
- ☐ 1 tablespoon ancho pepper toasted
- ☐ 2 large eggs plus 2 tablespoons egg with a whisk lightly beaten
- ☐ 1.3 cups granulated sugar (270 grams)
- ☐ 9 servings brownies with toasted ancho
- ☐ 0.8 cup pecans toasted chopped
- ☐ 0.3 very scant teaspoon salt
- ☐ 114 grams butter unsalted

- ☐ 85 grams chocolate unsweetened
- ☐ 0.8 teaspoon mexican vanilla

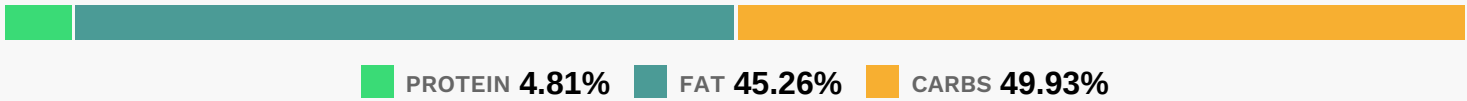
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch metal pan with foil and grease bottom of pan only.Melt the butter in a microwave-safe mixing bowl.
- ☐ Add the chopped chocolate and stir until it is completely melted. If it doesn't completely melt, microwave for another 30 seconds and stir. Stir the ground ancho powder into the melted chocolate/butter mixture.
- ☐ Whisk in the salt and sugar, followed by the beaten eggs and vanilla.
- ☐ Add the flour and stir until it is almost mixed in, then add pecans and stir until flour disappears.
- ☐ Pour into pan. These brownies are fairly thick, so you'll have a lot of batter.
- ☐ Bake brownies on center rack for about 40 minutes. At 35 minutes, test with a toothpick. Your brownies should have *very* moist crumbs. I let mine bake for the full 40 minutes, then cooled in an ice bath.When completely cool, lift from pan and cut into 9 large brownies (or 6).

Nutrition Facts



Properties

Glycemic Index:17.23, Glycemic Load:25.56, Inflammation Score:-6, Nutrition Score:9.4639129535012%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 13.46mg, Epicatechin: 13.46mg, Epicatechin: 13.46mg, Epicatechin: 13.46mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 497.01kcal (24.85%), Fat: 26.13g (40.21%), Saturated Fat: 11.23g (70.2%), Carbohydrates: 64.88g (21.63%), Net Carbohydrates: 61.75g (22.45%), Sugar: 43.81g (48.68%), Cholesterol: 68.57mg (22.86%), Sodium: 109.06mg (4.74%), Alcohol: 0.1g (100%), Alcohol %: 0.13% (100%), Caffeine: 7.56mg (2.52%), Protein: 6.24g (12.49%), Manganese: 0.86mg (42.98%), Copper: 0.44mg (21.81%), Iron: 3.52mg (19.56%), Vitamin A: 816.35IU (16.33%), Fiber: 3.13g (12.53%), Selenium: 8.61µg (12.3%), Magnesium: 46.38mg (11.6%), Vitamin B1: 0.16mg (10.8%), Zinc: 1.54mg (10.24%), Phosphorus: 100.3mg (10.03%), Vitamin B2: 0.16mg (9.15%), Folate: 31.23µg (7.81%), Vitamin B3: 1.04mg (5.19%), Potassium: 174.25mg (4.98%), Vitamin E: 0.62mg (4.15%), Vitamin K: 3.94µg (3.75%), Vitamin B5: 0.34mg (3.36%), Vitamin B6: 0.06mg (2.87%), Vitamin D: 0.41µg (2.75%), Calcium: 27.3mg (2.73%), Vitamin B12: 0.12µg (2.01%)