



Café au Lait Squares

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



267 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup butter melted
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose divided
- ☐ 1 tablespoon coffee granules instant
- ☐ 2 tablespoons kahlua
- ☐ 1 cup quick-cooking oats uncooked

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 ounce chocolate unsweetened
- ☐ 0.8 cup walnuts toasted chopped

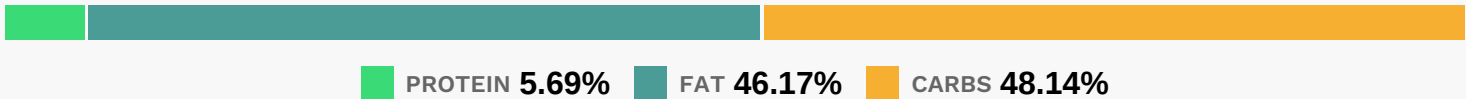
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Combine 1/2 cup flour, oats, and next 4 ingredients; stir well. Press flour mixture into an ungreased 9" square pan.
- ☐ Bake at 350 for 12 minutes.
- ☐ Combine 1/3 cup butter and chocolate in a small saucepan. Cook over medium-low heat until melted, stirring frequently.
- ☐ Let cool.
- ☐ Beat eggs at medium speed of an electric mixer until thick and pale.
- ☐ Add 1 cup sugar and Kahla, beating until blended. Stir in chocolate mixture, remaining 3/4 cup flour, and walnuts; spread mixture evenly over crust.
- ☐ Bake at 350 for 25 minutes. Cool in pan on a wire rack.
- ☐ Spread Coffee Frosting over brownies. Cover and let stand until frosting hardens.
- ☐ Cut into 16 squares.
- ☐ Garnish with chocolate coffee beans, if desired.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:16.13, Inflammation Score:-5, Nutrition Score:6.2708696068629%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 266.7kcal (13.33%), Fat: 14.13g (21.74%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 33.15g (11.05%), Net Carbohydrates: 31.46g (11.44%), Sugar: 20.32g (22.58%), Cholesterol: 23.25mg (7.75%), Sodium: 138.03mg (6%), Alcohol: 0.41g (100%), Alcohol %: 0.84% (100%), Caffeine: 12.65mg (4.22%), Protein: 3.91g (7.83%), Manganese: 0.63mg (31.58%), Copper: 0.24mg (12.18%), Selenium: 7.7µg (11.01%), Magnesium: 38.76mg (9.69%), Iron: 1.64mg (9.13%), Vitamin B1: 0.13mg (8.76%), Phosphorus: 82.68mg (8.27%), Vitamin A: 373.17IU (7.46%), Folate: 28.96µg (7.24%), Fiber: 1.7g (6.78%), Vitamin B2: 0.1mg (5.93%), Zinc: 0.83mg (5.51%), Vitamin B3: 0.83mg (4.15%), Potassium: 115.25mg (3.29%), Vitamin E: 0.45mg (3.02%), Vitamin B6: 0.05mg (2.71%), Calcium: 25.43mg (2.54%), Vitamin B5: 0.23mg (2.29%), Vitamin B12: 0.07µg (1.08%)