



Candy-Bar-Topped Brownies

READY IN



85 min.

SERVINGS



12

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 0.8 cup butter unsalted diced ()
- ☐ 4 large eggs
- ☐ 2 teaspoons espresso powder instant
- ☐ 6 cappuccino-filled milk chocolate bars separated (such as Ghirardelli) (such as Perugina)
- ☐ 1.8 cups sugar
- ☐ 5 ounces chocolate unsweetened chopped
- ☐ 2 teaspoons vanilla extract

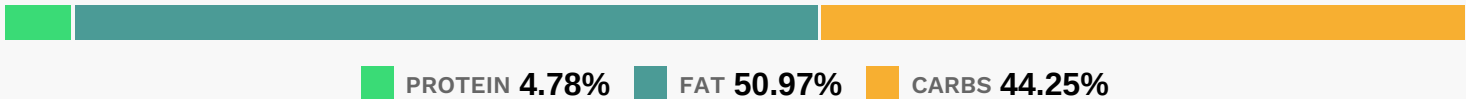
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325°F. Line 13x9x2-inch metal baking pan with foil. Butter foil.
- ☐ Combine 3/4 cup butter, chocolate, and espresso powder in heavy large saucepan; stir over medium-low heat until chocolate is melted and smooth.
- ☐ Remove chocolate mixture from heat.
- ☐ Add sugar and vanilla and whisk until well blended.
- ☐ Add eggs and whisk until well blended.
- ☐ Whisk in flour.
- ☐ Spread batter in prepared pan. Press milk chocolate squares lightly into batter (do not submerge), evenly spacing 24 chocolate squares (4 across the short side and 6 across the long side). Reserve remaining chocolates for another use.
- ☐ Bake brownies until tester inserted into center comes out with some moist crumbs attached, about 27 minutes. Cool slightly in pan on rack, about 30 minutes.
- ☐ Cut so that each brownie has 1 chocolate square and serve.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:27.95, Inflammation Score:-5, Nutrition Score:8.599130547565%

Flavonoids

Catechin: 7.6mg, Catechin: 7.6mg, Catechin: 7.6mg, Catechin: 7.6mg Epicatechin: 16.75mg, Epicatechin: 16.75mg, Epicatechin: 16.75mg, Epicatechin: 16.75mg

Nutrients (% of daily need)

Calories: 398.95kcal (19.95%), Fat: 24.23g (37.28%), Saturated Fat: 14.45g (90.34%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 44.39g (16.14%), Sugar: 36.6g (40.67%), Cholesterol: 92.5mg (30.83%), Sodium: 30.87mg (1.34%), Alcohol: 0.23g (100%), Alcohol %: 0.31% (100%), Caffeine: 23.92mg (7.97%), Protein: 5.12g (10.24%), Manganese: 0.63mg (31.27%), Copper: 0.49mg (24.53%), Iron: 3.12mg (17.34%), Magnesium: 59.07mg (14.77%), Selenium: 9.45µg (13.5%), Fiber: 2.94g (11.77%), Phosphorus: 113.22mg (11.32%), Zinc: 1.63mg (10.89%), Vitamin B2: 0.17mg (10.08%), Vitamin A: 444.55IU (8.89%), Folate: 26.28µg (6.57%), Vitamin B1: 0.09mg (5.93%), Potassium: 180.88mg (5.17%), Vitamin E: 0.59mg (3.95%), Vitamin B3: 0.78mg (3.92%), Vitamin D: 0.55µg (3.64%), Vitamin B5: 0.34mg (3.36%), Calcium: 29.8mg (2.98%), Vitamin K: 3.1µg (2.95%), Vitamin B12: 0.17µg (2.87%), Vitamin B6: 0.04mg (2.08%)