



Cappuccino Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 0.5 cup butter unsalted diced (1 stick)
- ☐ 3 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 5 tablespoons heavy whipping cream
- ☐ 1 tablespoon espresso powder instant
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar

- ☐ 3 ounces chocolate unsweetened chopped
- ☐ 1.5 teaspoons vanilla extract
- ☐ 6 ounces chocolate white chopped (such as Lindt or Perugina)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

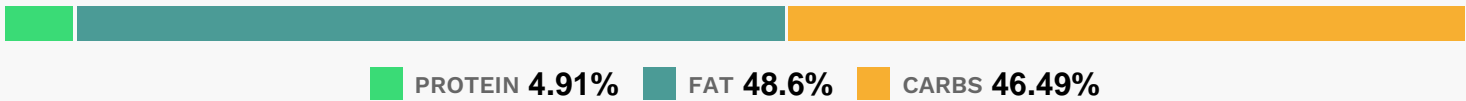
Directions

- ☐ Preheat oven to 325°F. Fold 16-inch-long piece of foil to 8x16-inch strip; place in 8x8x2-inch metal baking pan, leaving overhang on 2 sides. Repeat with another sheet of foil in opposite direction, lining pan completely. Spray foil with nonstick spray.
- ☐ Stir butter and chocolate in heavy large saucepan over very low heat until chocolate is melted.
- ☐ Remove from heat; whisk in sugar, then eggs, 1 at a time.
- ☐ Whisk in espresso powder, vanilla, and salt; sift flour over and stir to blend well.
- ☐ Transfer batter to prepared pan.
- ☐ Bake brownies until puffed and dry-looking and tester inserted into center comes out with some moist batter attached, about 35 minutes; cool completely in pan on rack.
- ☐ Place white chocolate in medium microwave-safe bowl. Bring cream to simmer in small saucepan.
- ☐ Pour cream over chocolate in bowl.
- ☐ Let stand 30 seconds, then stir until chocolate is melted and smooth. If necessary, microwave on low power in 10-second intervals until white chocolate is melted completely. Chill

until ganache is thick but still slightly pourable, about 25 minutes.

- ☐ Using foil as aid, lift brownies from pan. Turn over onto sheet of parchment paper; peel off foil.
- ☐ Pour ganache onto center of brownies; spread to edges (some may drip over).
- ☐ Sprinkle with cinnamon. Chill until ganache is set, at least 2 hours. DO AHEAD: Can be made 2 days ahead. Cover and keep chilled.
- ☐ Cut brownies into 4 strips.
- ☐ Cut each strip crosswise into 5 or 6 pieces, or cut each strip into 6 triangles. Arrange brownies on platter and serve.

Nutrition Facts



Properties

Glycemic Index: 11, Glycemic Load: 16.57, Inflammation Score: -2, Nutrition Score: 3.7882608777803%

Flavonoids

Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg

Nutrients (% of daily need)

Calories: 207.93kcal (10.4%), Fat: 11.72g (18.03%), Saturated Fat: 7.05g (44.04%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 24.37g (8.86%), Sugar: 20.22g (22.46%), Cholesterol: 46.12mg (15.37%), Sodium: 50.4mg (2.19%), Alcohol: 0.1g (100%), Alcohol %: 0.26% (100%), Caffeine: 11.25mg (3.75%), Protein: 2.66g (5.33%), Manganese: 0.22mg (11.11%), Copper: 0.16mg (7.89%), Selenium: 4.91µg (7.01%), Iron: 1.14mg (6.31%), Vitamin B2: 0.1mg (5.76%), Phosphorus: 56.22mg (5.62%), Vitamin A: 240.07IU (4.8%), Magnesium: 18.1mg (4.53%), Zinc: 0.62mg (4.13%), Folate: 14.21µg (3.55%), Vitamin B1: 0.05mg (3.5%), Fiber: 0.86g (3.45%), Calcium: 30.76mg (3.08%), Potassium: 89.62mg (2.56%), Vitamin B3: 0.48mg (2.4%), Vitamin E: 0.35mg (2.31%), Vitamin B12: 0.13µg (2.17%), Vitamin B5: 0.21mg (2.11%), Vitamin D: 0.3µg (1.97%), Vitamin K: 1.75µg (1.67%), Vitamin B6: 0.02mg (1.12%)