



Cappuccino-Frosted Brownies

READY IN



55 min.

SERVINGS



12

CALORIES



433 kcal

DESSERT

Ingredients

- ☐ 4 oz baker's chocolate unsweetened
- ☐ 0.8 cup butter
- ☐ 12 servings milk chocolate shavings
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup semi chocolate chips
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

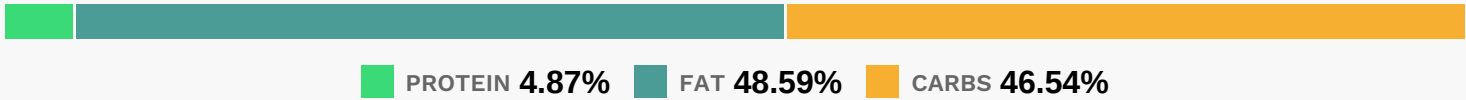
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Microwave chocolate squares and butter in a large microwave-safe bowl at HIGH 1 1/2 minutes, stirring after 1 minute and then every 30 seconds or until melted. Stir until smooth. Stir in sugar.
- ☐ Add eggs, 1 at a time, beating with a spoon just until blended after each addition.
- ☐ Stir in flour and vanilla; stir in chocolate morsels.
- ☐ Pour mixture into a lightly greased 13- x 9-inch baking pan.
- ☐ Bake at 350 for 30 to 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack.
- ☐ Spread Cappuccino Buttercream Frosting evenly over top of cooled brownies.
- ☐ Garnish, if desired.
- ☐ Cut into squares. Cover and chill, if desired.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:29.03, Inflammation Score:-5, Nutrition Score:9.2839130526004%

Flavonoids

Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg

Nutrients (% of daily need)

Calories: 432.75kcal (21.64%), Fat: 24.37g (37.5%), Saturated Fat: 14.41g (90.08%), Carbohydrates: 52.53g (17.51%), Net Carbohydrates: 49.4g (17.96%), Sugar: 39.37g (43.74%), Cholesterol: 93.46mg (31.15%), Sodium: 119.33mg (5.19%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 21.32mg (7.11%), Protein: 5.5g (10.99%), Manganese: 0.68mg (34.18%), Copper: 0.53mg (26.74%), Iron: 3.45mg (19.17%), Magnesium: 63.68mg (15.92%), Selenium: 11.1µg (15.86%), Phosphorus: 127.07mg (12.71%), Fiber: 3.13g (12.52%), Zinc: 1.64mg (10.92%), Vitamin B2: 0.16mg (9.2%), Vitamin A: 452.55IU (9.05%), Folate: 29.97µg (7.49%), Vitamin B1: 0.11mg (7.21%), Potassium: 207.86mg (5.94%), Vitamin B3: 0.9mg (4.49%), Vitamin E: 0.64mg (4.28%), Vitamin B5: 0.38mg (3.81%), Calcium: 34.14mg (3.41%), Vitamin B12: 0.2µg (3.35%), Vitamin K: 3.14µg (2.99%), Vitamin D: 0.33µg (2.22%), Vitamin B6: 0.04mg (2.07%)