



Chai Latte Brownies

READY IN



45 min.

SERVINGS



20

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 3 cardamom pods crushed
- ☐ 1 stick cinnamon (1-inch)
- ☐ 2 large eggs
- ☐ 6.8 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup milk 1% low-fat

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.5 cup cocoa unsweetened
- ☐ 3 allspice whole crushed

Equipment

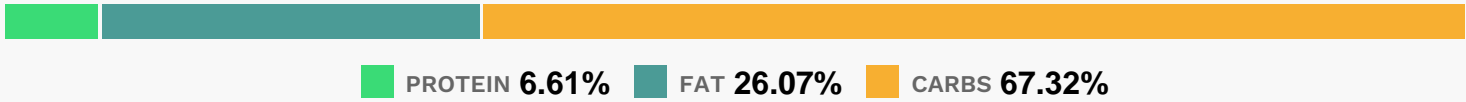
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a small saucepan; bring to a boil. Cover, remove from heat, and let stand 15 minutes. Strain milk mixture through a fine sieve into a large microwave-safe bowl; discard solids.
- ☐ Add chocolate chips and butter to milk mixture; microwave at HIGH 20 seconds or until chips and butter melt, stirring until smooth. Cool slightly; add eggs, stirring with a whisk.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and the next 5 ingredients (through salt) in a medium bowl, stirring with a whisk.
- ☐ Add flour mixture to chocolate mixture, stirring just until combined.
- ☐ Spread evenly into a 9-inch square baking pan coated with cooking spray.

- ☐ Bake at 350 for 30 minutes or until center is set. Cool 10 minutes in pan on a wire rack.
- ☐ Cut into 20 pieces.

Nutrition Facts



Properties

Glycemic Index:15.6, Glycemic Load:12.32, Inflammation Score:-2, Nutrition Score:3.7234782615434%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 135.46kcal (6.77%), Fat: 4.11g (6.32%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 22.47g (8.17%), Sugar: 14.6g (16.22%), Cholesterol: 24.98mg (8.33%), Sodium: 107.91mg (4.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.88mg (2.29%), Protein: 2.35g (4.69%), Manganese: 0.3mg (14.85%), Selenium: 5.48µg (7.82%), Copper: 0.13mg (6.56%), Iron: 1.08mg (6.02%), Fiber: 1.41g (5.66%), Vitamin B1: 0.08mg (5.47%), Folate: 20.74µg (5.19%), Phosphorus: 50.78mg (5.08%), Vitamin B2: 0.08mg (4.94%), Magnesium: 19mg (4.75%), Vitamin B3: 0.65mg (3.24%), Calcium: 30.71mg (3.07%), Zinc: 0.38mg (2.54%), Potassium: 77.34mg (2.21%), Vitamin A: 105.41IU (2.11%), Vitamin B5: 0.15mg (1.5%), Vitamin B12: 0.07µg (1.19%), Vitamin B6: 0.02mg (1.02%)