



Chewy Brownies

READY IN



40 min.

SERVINGS



12

CALORIES



233 kcal

DESSERT

Ingredients

- ☐ 0.5 cup chocolate chips dark
- ☐ 2 tablespoons dutch-processed cocoa
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 1 teaspoon espresso powder
- ☐ 0.8 cup flour all-purpose (4.4 ounces)
- ☐ 1.3 cups granulated sugar
- ☐ 2 tablespoons butter unsalted melted
- ☐ 1 ounce chocolate unsweetened finely chopped

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil (I used grapeseed)
- ☐ 0.3 cup water boiling

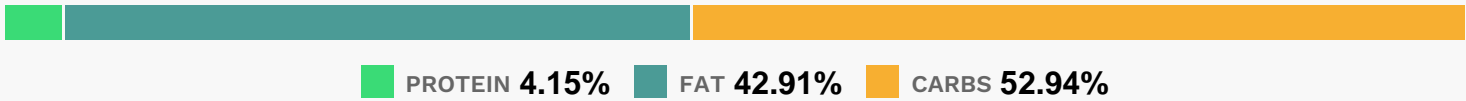
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square metal pan with foil and spray foil with cooking spray.In a mixing bowl, whisk together the cocoa, espresso powder, and boiling water until smooth.
- ☐ Add the unsweetened chocolate and stir until melted. Stir in melted butter and oil. (
- ☐ Mixture may look curdled.)
- ☐ Add egg, yolk, and vanilla and continue to whisk until smooth.
- ☐ Whisk in sugar until fully incorporated.
- ☐ Add flour and salt and mix with rubber spatula until combined. Fold in chocolate chips (or chopped chocolate).Scrape batter into pan and bake for about 30 minutes on the lower rack of the oven.Using foil overhang, lift brownies from pan and set on a wire rack.
- ☐ Let cool for at least an hour.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:18.86, Inflammation Score:-2, Nutrition Score:4.6026087066402%

Flavonoids

Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epicatechin: 4.99mg, Epicatechin: 4.99mg, Epicatechin: 4.99mg, Epicatechin: 4.99mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 233.25kcal (11.66%), Fat: 11.49g (17.68%), Saturated Fat: 4.61g (28.8%), Carbohydrates: 31.91g (10.64%), Net Carbohydrates: 30.41g (11.06%), Sugar: 23.59g (26.21%), Cholesterol: 36.25mg (12.08%), Sodium: 9mg (0.39%), Alcohol: 0.11g (100%), Alcohol %: 0.26% (100%), Caffeine: 12.69mg (4.23%), Protein: 2.5g (5%), Manganese: 0.29mg (14.27%), Copper: 0.22mg (10.86%), Vitamin K: 9.34µg (8.89%), Selenium: 5.8µg (8.29%), Iron: 1.48mg (8.21%), Magnesium: 27.42mg (6.85%), Fiber: 1.49g (5.98%), Phosphorus: 57.57mg (5.76%), Folate: 19.32µg (4.83%), Vitamin B1: 0.07mg (4.81%), Vitamin B2: 0.08mg (4.6%), Zinc: 0.62mg (4.16%), Vitamin E: 0.56mg (3.76%), Vitamin B3: 0.6mg (3.01%), Potassium: 93.69mg (2.68%), Vitamin A: 104.88IU (2.1%), Vitamin B5: 0.17mg (1.71%), Calcium: 14.38mg (1.44%), Vitamin B12: 0.08µg (1.36%), Vitamin D: 0.19µg (1.3%)