



Chile Caribe Brownies

READY IN



36 min.

SERVINGS



5

CALORIES



1028 kcal

DESSERT

Ingredients

- ☐ 19.5 oz fudge brownie mix (with pillsbury)
- ☐ 0.5 cup canola oil
- ☐ 2 cups chocolate morsels (dark with nestlé chocolatier) divided
- ☐ 2 large eggs
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 tablespoons heavy whipping cream
- ☐ 1 tsp pepper flakes (red with penzeys)* crushed
- ☐ 3 tablespoons butter (unsalted cut into small pieces)
- ☐ 0.3 cup water

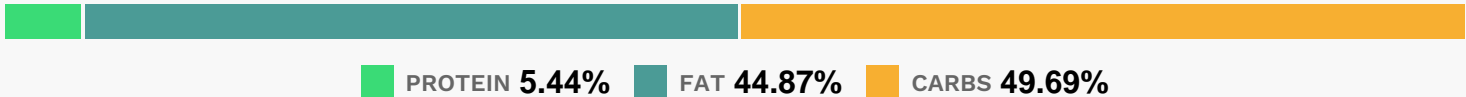
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ mortar and pestle
- ☐ measuring cup

Directions

- ☐ Grind 1 to 1 1/2 tsp. pepper flakes with a mortar and pestle or spice grinder until pieces are small.
- ☐ Combine brownie mix, ground pepper flakes, and cinnamon in a medium bowl; whisk until well blended. Stir in eggs, oil, and water until blended.
- ☐ Add 3/4 cup chocolate morsels to batter; spoon batter into a lightly greased 13" x 9" pan.
- ☐ Bake at 350 for 28 to 31 minutes. Cool completely in pan on a wire rack.
- ☐ Place 1 cup chocolate morsels and butter in a large glass bowl. Microwave at HIGH 1 minute or until melted; stir in whipping cream.
- ☐ Pour mixture over cooled brownies, spreading to form a thin even layer.
- ☐ Place remaining 1/4 cup chocolate morsels in a 1-cup glass measuring cup, and microwave at HIGH 30 seconds or until melted.
- ☐ Pour melted chocolate in a zip-top plastic freezer bag; snip a tiny hole in 1 corner of bag. Pipe a zigzag drizzle over iced brownies; sprinkle lightly with chile caribe flakes, if desired. Refrigerate brownies for easy cutting.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:10.627391286518%

Nutrients (% of daily need)

Calories: 1027.82kcal (51.39%), Fat: 51.41g (79.1%), Saturated Fat: 30.43g (190.16%), Carbohydrates: 128.11g (42.7%), Net Carbohydrates: 124.91g (45.42%), Sugar: 79.69g (88.54%), Cholesterol: 99.96mg (33.32%), Sodium: 438.04mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.03%), Iron: 4.51mg (25.07%), Calcium: 243.02mg (24.3%), Zinc: 2.85mg (19.01%), Vitamin E: 2.54mg (16.94%), Selenium: 10.25µg (14.64%), Potassium: 501.46mg (14.33%), Vitamin B2: 0.24mg (13.98%), Phosphorus: 137.4mg (13.74%), Fiber: 3.19g (12.78%), Manganese: 0.22mg (10.92%), Vitamin A: 533.69IU (10.67%), Vitamin K: 10.19µg (9.7%), Vitamin B5: 0.88mg (8.77%), Copper: 0.16mg (7.8%), Magnesium: 29.98mg (7.5%), Vitamin B6: 0.14mg (6.96%), Vitamin B12: 0.4µg (6.72%), Folate: 25.16µg (6.29%), Vitamin B1: 0.08mg (5.52%), Vitamin D: 0.62µg (4.15%), Vitamin B3: 0.83mg (4.13%)