



Chocolate and Szechuan Peppercorn Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



343 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar
- 0.8 cup brown sugar
- 185 gr butter
- 1 cinnamon sticks
- 3 eggs beaten
- 1 tablespoon espresso grounds
- 3 cups flour all-purpose
- 0.5 cup granulated sugar

- 0.3 cup cup heavy whipping cream
- 0.3 teaspoon kosher salt
- 1 tablespoon milk
- 1 tablespoon peppercorns
- 0.3 cup semi chocolate chips
- 1 ounce baker's chocolate unsweetened
- 0.8 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract

Equipment

- frying pan
- oven
- pot
- double boiler
- baking pan
- microwave

Directions

- Preheat oven to 350. Grease an 8x8 baking dish. In a large saut pan over medium heat, melt the butter and add the peppercorns and the pieces of cinnamon stick. Meanwhile, in a double boiler or microwave, melt the unsweetened chocolate and semisweet chocolate together. Stir in the espresso to the melted chocolate. Once the butter stops foaming and you can see browned bits at the bottom of the pan (about 5 minutes), take off heat and remove the peppercorns and cinnamon stick. It may be easier to strain the contents of the pan and then return just the butter to it. Stir the sugars, milk, vanilla, and salt into the butter in the pan. Then stir in the cocoa powder and chocolate and espresso mixture. Beat in the eggs, and then lastly, stir in the flour.
- Bake in greased pan for about 25–30 minutes, until a tester comes out clean. Feel free to underbake them a bit. Once brownies are cooled, spread ganache. I like to put them in the refrigerator to firm up the ganache. To make the ganache, bring the heavy cream and peppercorns to a simmer in a small pot. Strain the peppercorns and stir in semisweet chocolate chips.

Nutrition Facts

PROTEIN 5.69% FAT 38.23% CARBS 56.08%

Properties

Glycemic Index:16.88, Glycemic Load:17.4, Inflammation Score:-5, Nutrition Score:8.3152173913043%

Flavonoids

Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg Epicatechin: 10.43mg, Epicatechin: 10.43mg, Epicatechin: 10.43mg, Epicatechin: 10.43mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Taste

Sweetness: 100%, Saltiness: 12.27%, Sourness: 1.6%, Bitterness: 1.39%, Savoriness: 6.83%, Fattiness: 56.78%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 343.22kcal (17.16%), Fat: 15.17g (23.34%), Saturated Fat: 9.13g (57.06%), Carbohydrates: 50.07g (16.69%), Net Carbohydrates: 47.07g (17.12%), Sugar: 28.07g (31.19%), Cholesterol: 61.49mg (20.5%), Sodium: 132.27mg (5.75%), Caffeine: 14.44mg (4.81%), Protein: 5.08g (10.16%), Manganese: 0.57mg (28.66%), Selenium: 12.12µg (17.31%), Copper: 0.32mg (15.84%), Iron: 2.57mg (14.3%), Vitamin B1: 0.2mg (13.14%), Folate: 49.43µg (12.36%), Fiber: 2.99g (11.97%), Vitamin B2: 0.18mg (10.86%), Magnesium: 42.66mg (10.67%), Phosphorus: 96.67mg (9.67%), Vitamin A: 413.84IU (8.28%), Vitamin B3: 1.59mg (7.95%), Zinc: 0.86mg (5.73%), Potassium: 180.44mg (5.16%), Calcium: 46.84mg (4.68%), Vitamin B5: 0.32mg (3.19%), Vitamin E: 0.46mg (3.07%), Vitamin K: 2.7µg (2.57%), Vitamin B6: 0.04mg (2.21%), Vitamin B12: 0.11µg (1.88%), Vitamin D: 0.25µg (1.7%)