



Chocolate Cappuccino Brownies

READY IN



45 min.

SERVINGS



18

CALORIES



270 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cocoa powder
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup hot-brewed coffee cooled brewed
- ☐ 3 eggs slightly beaten
- ☐ 2 tablespoons coffee instant
- ☐ 18 servings powdered sugar
- ☐ 0.5 teaspoon salt

- ☐ 1 cups bittersweet chocolate
- ☐ 1.3 cups unbleached flour white sifted
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

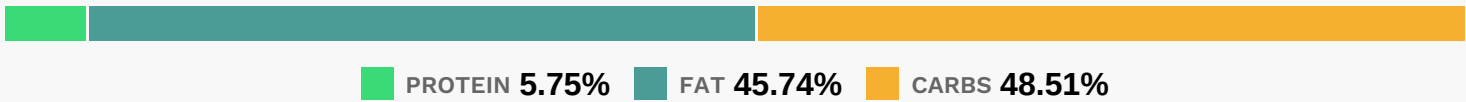
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In a bowl, combine butter, brown sugar and coffee granules; blend well.
- ☐ Add eggs, vanilla and cooled coffee; stir.
- ☐ In a separate bowl, combine baking powder, salt, flour and cocoa; add to butter mixture. Stir in walnuts and chocolate chips.
- ☐ Pour batter into a greased 13"x9" pan and bake at 350 for 25 to 30 minutes. Allow to cool and cut into squares. Dust with powdered sugar before serving.

Nutrition Facts



Properties

Glycemic Index:12.72, Glycemic Load:4.23, Inflammation Score:-3, Nutrition Score:5.6204347911736%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 3.13mg, Epicatechin: 3.13mg, Epicatechin: 3.13mg, Epicatechin: 3.13mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 269.82kcal (13.49%), Fat: 14.14g (21.75%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 31.73g (11.54%), Sugar: 23.53g (26.15%), Cholesterol: 41.42mg (13.81%), Sodium: 144.66mg (6.29%), Alcohol: 0.08g (100%), Alcohol %: 0.14% (100%), Caffeine: 32.1mg (10.7%), Protein: 4g (8.01%), Manganese:

0.5mg (25.13%), Copper: 0.31mg (15.68%), Selenium: 7.39µg (10.56%), Magnesium: 41.71mg (10.43%), Phosphorus: 91.16mg (9.12%), Fiber: 2.01g (8.05%), Iron: 1.37mg (7.64%), Zinc: 0.75mg (4.99%), Potassium: 168.01mg (4.8%), Calcium: 45.62mg (4.56%), Vitamin A: 203.51IU (4.07%), Vitamin B2: 0.07mg (3.9%), Folate: 13.63µg (3.41%), Vitamin B6: 0.06mg (3.06%), Vitamin B5: 0.26mg (2.61%), Vitamin B1: 0.04mg (2.51%), Vitamin E: 0.36mg (2.42%), Vitamin B3: 0.47mg (2.34%), Vitamin B12: 0.09µg (1.56%), Vitamin K: 1.42µg (1.35%)