



Chocolate Chunk Almond Brownies

 Dairy Free

READY IN



80 min.

SERVINGS



16

CALORIES



218 kcal

DESSERT

Ingredients

- 1 container almonds
- 0.5 teaspoon almond extract
- 0.5 cup butter melted
- 2 tablespoons coconut or
- 1 box basic cookie mix chunk
- 0.7 cup slivered almonds toasted
- 0.3 cup cocoa powder unsweetened
- 0.3 cup water

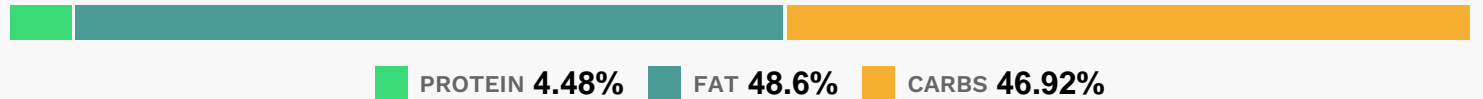
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 350F. Spray 8-inch square pan with cooking spary.
- In medium bowl, mix cookie mix and cocoa. Stir in butter, water and almond extract just until dry ingredients are moistened. Stir in 1/3 cup of the almonds.
- Spread into pan.
- Bake 18 to 20 minutes or until toothpick inserted 2 inches from edge of pan comes out clean and center feels just set when lightly touched in center; do not overbake. Cool completely. Frost with frosting; sprinkle with remaining almonds and coconut, press in gently. 16 brownies.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:2.6421739548931%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 217.91kcal (10.9%), Fat: 11.75g (18.08%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 23.61g (8.59%), Sugar: 14.88g (16.53%), Cholesterol: 0mg (0%), Sodium: 100.09mg (4.35%),

Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Caffeine: 3.09mg (1.03%), Protein: 2.44g (4.88%), Vitamin E: 1.39mg (9.27%), Manganese: 0.17mg (8.27%), Fiber: 1.91g (7.64%), Vitamin A: 253.79IU (5.08%), Copper: 0.1mg (5.07%), Magnesium: 19.49mg (4.87%), Vitamin B2: 0.07mg (3.93%), Phosphorus: 34.15mg (3.42%), Iron: 0.48mg (2.68%), Potassium: 73.21mg (2.09%), Calcium: 16.33mg (1.63%), Zinc: 0.24mg (1.61%), Vitamin B3: 0.32mg (1.6%), Vitamin B1: 0.02mg (1.35%)