



## Chocolate Espresso Brownies



Dairy Free

READY IN



140 min.

SERVINGS



16

CALORIES



193 kcal

DESSERT

### Ingredients

- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie box
- ☐ 2 teaspoons espresso powder dry instant ()
- ☐ 0.3 cup walnut pieces chopped
- ☐ 0.7 cup semi chocolate chips
- ☐ 0.3 cup espresso grounds

### Equipment

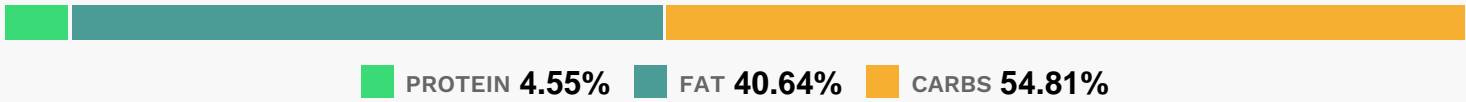
- ☐ frying pan

- ☐ oven
- ☐ wire rack

## Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom of 8 or 9-inch square pan with shortening or cooking spray.
- ☐ Make brownie batter as directed on box. Stir in espresso coffee, walnuts and 1/3 cup of the chocolate chips.
- ☐ Spread in pan.
- ☐ Sprinkle with remaining 1/3 cup chocolate chips and the espresso beans.
- ☐ Bake as directed on box. Cool completely on cooling rack, about 1 1/2 hours.
- ☐ Cut into 4 rows by 4 rows. Store covered at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:1.25, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.1352173603423%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 193.01kcal (9.65%), Fat: 8.78g (13.5%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 25.88g (9.41%), Sugar: 16.88g (18.75%), Cholesterol: 0.45mg (0.15%), Sodium: 84.31mg (3.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.8mg (6.93%), Protein: 2.21g (4.42%), Manganese: 0.19mg (9.36%), Iron: 1.35mg (7.52%), Copper: 0.14mg (6.75%), Magnesium: 21.39mg (5.35%), Fiber: 0.76g (3.05%), Phosphorus: 28.66mg (2.87%), Vitamin K: 2.22µg (2.12%), Vitamin B3: 0.38mg (1.91%), Zinc: 0.28mg (1.85%), Potassium: 63.35mg (1.81%), Selenium: 0.77µg (1.09%)