



Chocolate gingerbread brownie bars with fudgy icing



Vegetarian



Gluten Free



Low Fod Map

READY IN



55 min.

SERVINGS



15

CALORIES



558 kcal

DESSERT

Ingredients

- ☐ 400 g chocolate dark
- ☐ 25 g cocoa powder
- ☐ 250 g brown sugar
- ☐ 250 g butter
- ☐ 1 tbsp ground ginger
- ☐ 140 g almond flour
- ☐ 6 large eggs separated

- ☐ 100 g butter cubed
- ☐ 50 g chocolate dark
- ☐ 50 g cocoa powder
- ☐ 200 g powdered sugar sifted
- ☐ 2 tbsp ground ginger
- ☐ 3 chunks ginger chopped

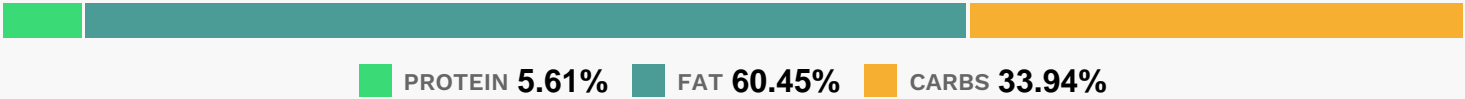
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ cake form

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Grease a 20 x 30cm cake tin, and line the base and sides with baking parchment. Melt the chocolate, cocoa, sugar and butter together in a saucepan over a very low heat. Once the chocolate and butter have melted and sugar dissolved, remove from the heat and stir in the ginger and almonds, followed by the egg yolks, one at a time.
- ☐ Beat the egg whites to stiff peaks. Using a metal spoon, stir a couple of spoonfuls of the egg whites into the chocolate mixture to loosen before very gently folding in the rest.
- ☐ Gently scrape into the tin.
- ☐ Bake for 30–35 mins until the top looks set and the centre doesn't wobble too much. Sit the cake tin on a wire rack and leave to cool completely.
- ☐ Once cool, make the icing.
- ☐ Put the butter, chocolate, cocoa, icing sugar, ground ginger and 4 tbsp water in a pan. Gently heat, stirring, until you have a smooth icing.
- ☐ Pour over the cake (still in its tin), leave for 1–2 mins to cool slightly, then scatter over the ginger. Cool completely (you can also store in the fridge if you bring out to room temperature about 20 mins before serving) before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:2.43, Inflammation Score:-6, Nutrition Score:12.650435007947%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 558.28kcal (27.91%), Fat: 38.96g (59.95%), Saturated Fat: 20.72g (129.52%), Carbohydrates: 49.24g (16.41%), Net Carbohydrates: 42.98g (15.63%), Sugar: 36.94g (41.05%), Cholesterol: 125.47mg (41.82%), Sodium: 190.72mg (8.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 35.5mg (11.83%), Protein: 8.13g (16.26%), Manganese: 1.14mg (56.99%), Copper: 0.75mg (37.4%), Iron: 5.31mg (29.48%), Fiber: 6.26g (25.04%), Magnesium: 100.03mg (25.01%), Phosphorus: 176.78mg (17.68%), Selenium: 9.99µg (14.27%), Vitamin A: 703.11IU (14.06%), Zinc: 1.66mg (11.05%), Potassium: 360.69mg (10.31%), Vitamin B2: 0.14mg (8.19%), Calcium: 79.88mg (7.99%), Vitamin E: 0.93mg (6.23%), Vitamin B12: 0.3µg (5.03%), Vitamin B5: 0.5mg (4.98%), Vitamin K: 4.02µg (3.83%), Vitamin B6: 0.07mg (3.28%), Folate: 12.02µg (3.01%), Vitamin B3: 0.57mg (2.85%), Vitamin D: 0.4µg (2.67%), Vitamin B1: 0.02mg (1.59%)