



Chocolate Mint Brownies

READY IN



50 min.

SERVINGS



72

CALORIES



105 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 1 cup sugar
- 4 large eggs room temperature
- 16 ounces chocolate syrup canned
- 1 teaspoon vanilla extract
- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.5 cup butter softened
- 2 cups powdered sugar

- 1 tablespoon water
- 0.5 teaspoon peppermint extract
- 3 drops drop natural food coloring green
- 10 ounces chocolate chips
- 0.5 cup butter cubed

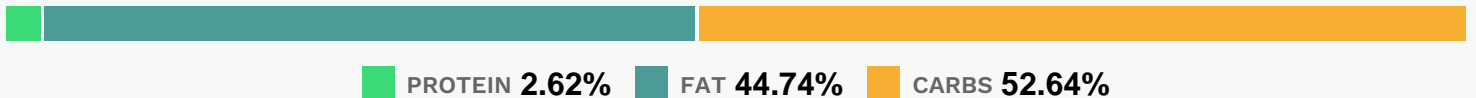
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- Preheat oven to 350°. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes.
- Add eggs, 1 at a time, beating well after each addition. Beat in syrup and vanilla.
- Add flour and salt; mix well.
- Pour into a greased 13x9-in. baking pan.
- Bake 30 minutes (top of brownies will still appear wet). Cool on a wire rack.
- For filling, in a small bowl, cream butter and confectioners' sugar; add water, extract and food coloring until blended.
- Spread over cooled brownies. Refrigerate until set.
- For topping, melt chocolate chips and butter. Cool 30 minutes, stirring occasionally.
- Spread over filling. Chill.
- Cut into 72 bars. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:1.0317391372569%

Nutrients (% of daily need)

Calories: 105.36kcal (5.27%), Fat: 5.32g (8.19%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 13.87g (5.04%), Sugar: 11.44g (12.71%), Cholesterol: 20.5mg (6.83%), Sodium: 55.19mg (2.4%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 0.7g (1.4%), Vitamin A: 133.18IU (2.66%), Selenium: 1.61µg (2.31%), Copper: 0.04mg (1.86%), Manganese: 0.04mg (1.86%), Phosphorus: 16.64mg (1.66%), Vitamin B2: 0.03mg (1.6%), Iron: 0.27mg (1.48%), Magnesium: 4.92mg (1.23%), Folate: 4.75µg (1.19%), Vitamin B1: 0.02mg (1.04%)