



## Chocolate-Mint Brownies

READY IN



45 min.

SERVINGS



25

CALORIES



142 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 1 tablespoon crème de menthe or
- ☐ 1 cup dutch process cocoa
- ☐ 4 large egg whites
- ☐ 3 tablespoons evaporated milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon stick margarine
- ☐ 1 tablespoon stick margarine softened
- ☐ 6 tablespoons stick margarine
- ☐ 1 ounce chocolate unsweetened
- ☐ 2 teaspoons vanilla extract

## Equipment

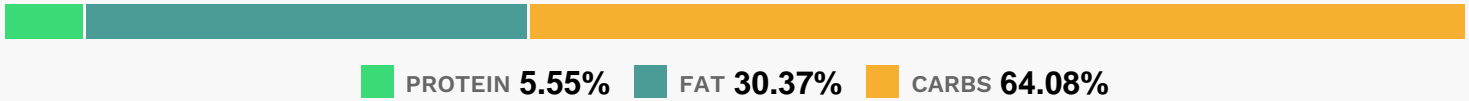
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 32
- ☐ To prepare the brownies, melt 6 tablespoons butter in a medium saucepan over medium heat. Stir in cocoa and milk; cook 1 minute, stirring constantly.
- ☐ Add brown sugar, granulated sugar, and vanilla; cook mixture 1 minute, stirring constantly. (
- ☐ Mixture will be granular.)
- ☐ Remove mixture from heat; cool 5 minutes.
- ☐ Add egg whites, 1 at a time, stirring well after each addition. Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine the flour, baking powder, and salt, stirring well with a whisk.
- ☐ Add the flour mixture to the cocoa mixture, stirring until well-blended.

- ☐ Pour the batter into a 9-inch square baking pan coated with cooking spray.
- ☐ Bake at 325 for 25 minutes or until brownie barely springs back when touched lightly in center; cool completely on a wire rack.
- ☐ To prepare icing, combine powdered sugar, 1 tablespoon butter, and liqueur. Beat with a mixer at medium speed until smooth.
- ☐ Spread the icing evenly over brownie layer; refrigerate 30 minutes or until icing is set.
- ☐ To prepare glaze, place chocolate in a small microwave-safe dish. Microwave at high for 45 seconds; stir in 1 tablespoon butter. Microwave at high for 20 seconds. Stir until smooth.
- ☐ Drizzle the glaze over icing; refrigerate for 30 minutes or until the glaze is set.

## Nutrition Facts



## Properties

Glycemic Index:9.48, Glycemic Load:5.57, Inflammation Score:-3, Nutrition Score:3.18391311031%

## Flavonoids

Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 8.37mg, Epicatechin: 8.37mg, Epicatechin: 8.37mg, Epicatechin: 8.37mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 141.62kcal (7.08%), Fat: 5.08g (7.82%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 22.53g (8.19%), Sugar: 17.81g (19.79%), Cholesterol: 0.52mg (0.17%), Sodium: 90.78mg (3.95%), Alcohol: 0.29g (100%), Alcohol %: 0.91% (100%), Caffeine: 8.82mg (2.94%), Protein: 2.09g (4.18%), Manganese: 0.22mg (11.05%), Copper: 0.18mg (9.06%), Fiber: 1.6g (6.38%), Magnesium: 23.98mg (6%), Iron: 0.99mg (5.51%), Selenium: 3.54µg (5.05%), Phosphorus: 42.84mg (4.28%), Vitamin B2: 0.07mg (3.92%), Vitamin A: 173.56IU (3.47%), Vitamin B1: 0.05mg (3.01%), Folate: 11.06µg (2.76%), Potassium: 95.47mg (2.73%), Zinc: 0.4mg (2.65%), Calcium: 24.93mg (2.49%), Vitamin B3: 0.41mg (2.03%), Vitamin E: 0.16mg (1.07%)