



Chocolate-Mint Brownies

READY IN



55 min.

SERVINGS



55

CALORIES



109 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 3 eggs
- 0.5 cup flour
- 16 small chocolate-covered mint patties
- 8 oz baker's semi-sweet chocolate
- 1 cup sugar
- 0.3 cup cocoa powder unsweetened

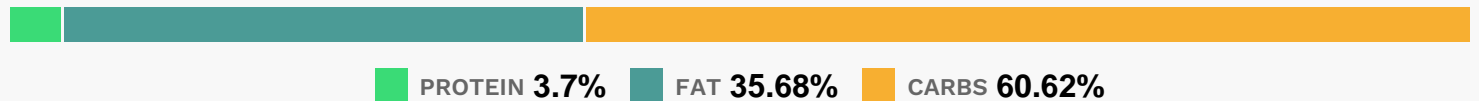
Equipment

- bowl
- frying pan
- oven
- toothpicks
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 8-inch square pan with foil, with edges of foil extending over sides; spray with cooking spray. Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted and mixture is well blended.
- Add sugar; mix well. Blend in eggs. Stir in flour and cocoa powder.
- Spread 1/3 of the batter onto bottom of prepared pan. Arrange mint patties in single layer over batter in pan; cover with remaining batter.
- Bake 30 to 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Use foil handles to lift brownies from pan before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:3.55, Glycemic Load:3.17, Inflammation Score:-1, Nutrition Score:1.3426087045151%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 109.17kcal (5.46%), Fat: 4.45g (6.85%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 16.27g (5.92%), Sugar: 13.14g (14.6%), Cholesterol: 13.74mg (4.58%), Sodium: 20.73mg (0.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.45mg (1.48%), Protein: 1.04g (2.08%), Manganese: 0.08mg (3.91%), Copper: 0.07mg (3.49%), Fiber: 0.76g (3.02%), Iron: 0.53mg (2.93%), Magnesium: 9.79mg (2.45%),

Selenium: 1.57µg (2.24%), Phosphorus: 20.07mg (2.01%), Potassium: 48.3mg (1.38%), Vitamin A: 67.47IU (1.35%),
Vitamin B2: 0.02mg (1.23%), Zinc: 0.18mg (1.18%)