



Cinnamon-Chocolate Brownies with Chocolate Ganache

READY IN



45 min.

SERVINGS



16

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 0.5 cup flour
- ☐ 4 large eggs
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.1 teaspoon salt
- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 1 cup sugar
- ☐ 3 tablespoons butter unsalted room temperature
- ☐ 1.5 teaspoons vanilla extract

- ☐ 1 cup walnut pieces chopped
- ☐ 2 tablespoons whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Generously butter 8x8x2-inch metal baking pan; dust with flour.
- ☐ Mix first 3 ingredients in small bowl. Stir chocolate and butter in top of double boiler set over simmering water until melted and smooth. Turn off heat.
- ☐ Let chocolate stand over water.
- ☐ Using electric mixer, beat eggs and sugar in large bowl until mixture thickens and falls in soft ribbon when beaters are lifted, about 5 minutes. Beat in vanilla. Stir in flour mixture in 2 additions, blending well after each. Gradually add warm chocolate to egg mixture, beating until just combined. Stir in walnuts.
- ☐ Pour batter into prepared pan.
- ☐ Whisk all ingredients in small saucepan over medium-low heat until melted and smooth.
- ☐ Pour evenly over brownies in pan.
- ☐ Chill brownies until ganache is set, about 2 hours.
- ☐ Cut into 16 squares. (Can be prepared 2 days ahead. Cover; chill.
- ☐ Serve at room temperature.)

Nutrition Facts



 **PROTEIN 6.92%**  **FAT 52.61%**  **CARBS 40.47%**

Properties

Glycemic Index:10.63, Glycemic Load:10.99, Inflammation Score:-2, Nutrition Score:5.266956521765%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 216.34kcal (10.82%), Fat: 12.92g (19.87%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 20.8g (7.56%), Sugar: 16.73g (18.59%), Cholesterol: 54.9mg (18.3%), Sodium: 38.18mg (1.66%), Alcohol: 0.13g (100%), Alcohol %: 0.31% (100%), Caffeine: 9.14mg (3.05%), Protein: 3.82g (7.65%), Manganese: 0.45mg (22.75%), Copper: 0.27mg (13.3%), Selenium: 6.58µg (9.39%), Phosphorus: 83.77mg (8.38%), Magnesium: 32.97mg (8.24%), Iron: 1.31mg (7.28%), Fiber: 1.55g (6.18%), Vitamin B2: 0.1mg (5.87%), Folate: 20.35µg (5.09%), Zinc: 0.71mg (4.72%), Vitamin B1: 0.06mg (4.31%), Potassium: 117.98mg (3.37%), Vitamin A: 167.99IU (3.36%), Vitamin B6: 0.07mg (3.35%), Vitamin B5: 0.29mg (2.91%), Calcium: 25.27mg (2.53%), Vitamin B12: 0.14µg (2.3%), Vitamin E: 0.33mg (2.2%), Vitamin D: 0.32µg (2.13%), Vitamin B3: 0.42mg (2.09%), Vitamin K: 1.31µg (1.25%)