



Coconut-Almond Brownie Cups

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



254 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter
- 24 chocolate bar miniature (from 13-oz bag)
- 2 eggs
- 0.5 cup flour all-purpose
- 0.5 cup semi chocolate chips
- 0.5 cup sugar
- 0.5 teaspoon vanilla

1 tablespoon water

Equipment

bowl

frying pan

oven

microwave

muffin liners

Directions

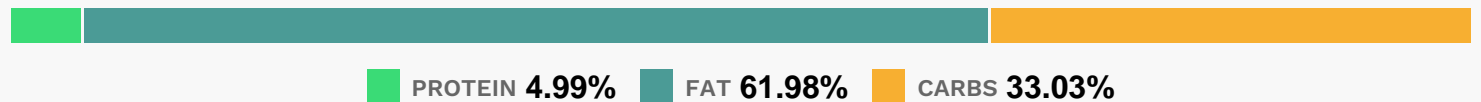
Heat oven to 350F (if using dark or nonstick pan, heat oven to 325F). Line 24 miniature muffin cups, 1 3/4x1 inch, with paper baking cups.

In large microwavable bowl, microwave butter, water and sugar uncovered on High about 1 minute or until butter is melted; stir until blended. Stir in chocolate chips until melted. Stir in vanilla and eggs until well mixed. Stir in flour and baking powder. Spoon 1 heaping tablespoon batter into each muffin cup.

Bake 17 to 25 minutes or until set (do not overbake).

Lightly press 1 candy bar on top of each brownie cup. Cool completely, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:6.62, Inflammation Score:-4, Nutrition Score:7.3260868895475%

Nutrients (% of daily need)

Calories: 254.2kcal (12.71%), Fat: 17.57g (27.03%), Saturated Fat: 8.59g (53.7%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 17.64g (6.41%), Sugar: 12.28g (13.65%), Cholesterol: 14.7mg (4.9%), Sodium: 64.74mg (2.81%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Caffeine: 25.63mg (8.54%), Protein: 3.18g (6.37%), Manganese: 0.61mg (30.71%), Copper: 0.55mg (27.41%), Iron: 3.77mg (20.92%), Magnesium: 71.63mg (17.91%), Fiber: 3.42g (13.69%), Phosphorus: 108.98mg (10.9%), Zinc: 1.09mg (7.28%), Potassium: 231.52mg (6.61%), Selenium: 4.25µg (6.08%), Vitamin A: 201.76IU (4.04%), Vitamin B2: 0.06mg (3.29%), Calcium: 31.59mg (3.16%), Vitamin E: 0.37mg (2.49%), Vitamin B3: 0.48mg (2.42%), Vitamin K: 2.33µg (2.22%), Vitamin B1: 0.03mg (2.21%), Vitamin B12: 0.12µg

(2.04%), Vitamin B5: 0.2mg (2%), Folate: 6.54 μ g (1.63%)