



Coconut Oreo Fudge Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 2 large eggs
- ☐ 2.3 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 24 oreo coconut delight fudge cremes
- ☐ 0.1 teaspoon salt
- ☐ 4 ounces butter unsalted salted
- ☐ 2 ounces chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract

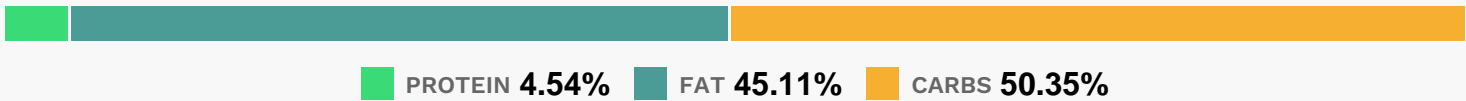
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch metal square baking pan with nonstick foil or regular foil. If using regular foil, spray bottom with cooking spray.In a saucepan, melt the butter over medium. Reduce heat to low, add the chocolate, remove from heat and stir until chocolate is melted and smooth.In a mixing bowl, combine the eggs, granulated sugar, vanilla and salt without mixing. Just put them all in the bowl. Once they're all in the bowl, gently stir or whisk just until mixed (the point is not to beat in a lot of extra air).Stir in the melted chocolate mixture. When well mixed, stir in the flour.
- ☐ Spread a very thin layer of batter over the bottom of the pan to anchor cookies.Make 4 rows of 3 cookies (1
- ☐ across the bottom of pan. Dot with a little more batter, then stack on another layer of 4 rows of 3 (12).
- ☐ Spread remaining batter so that you cover all the cookies.
- ☐ Sprinkle top with a little coconut if desired.
- ☐ Bake on center rack for 25 minutes. LET COOL COMPLETELY. Chill for 2 or 3 hours, then lift from pan and cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:10.93, Inflammation Score:-3, Nutrition Score:4.8343477611956%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 224.38kcal (11.22%), Fat: 11.71g (18.02%), Saturated Fat: 6.01g (37.54%), Carbohydrates: 29.41g (9.8%), Net Carbohydrates: 28.19g (10.25%), Sugar: 19.9g (22.11%), Cholesterol: 38.49mg (12.83%), Sodium: 98.74mg (4.29%), Alcohol: 0.09g (100%), Alcohol %: 0.21% (100%), Caffeine: 3.73mg (1.24%), Protein: 2.65g (5.31%), Iron: 3.1mg (17.21%), Manganese: 0.3mg (15%), Copper: 0.19mg (9.36%), Selenium: 4.64µg (6.63%), Vitamin B2: 0.1mg (5.86%), Folate: 22.42µg (5.6%), Vitamin K: 5.8µg (5.53%), Magnesium: 21.85mg (5.46%), Vitamin B1: 0.07mg (4.99%), Phosphorus: 49.31mg (4.93%), Fiber: 1.22g (4.87%), Vitamin E: 0.69mg (4.61%), Vitamin A: 211.22IU (4.22%), Zinc: 0.59mg (3.94%), Vitamin B3: 0.76mg (3.8%), Potassium: 86.75mg (2.48%), Vitamin B5: 0.18mg (1.81%), Vitamin D: 0.23µg (1.54%), Calcium: 13.32mg (1.33%), Vitamin B12: 0.07µg (1.13%)