



Cook the Book: Cuba Libre Brownies

READY IN



45 min.

SERVINGS



24

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 10 ounces bittersweet chocolate chopped
- ☐ 3 tablespoons cocoa powder
- ☐ 0.8 cup coca-cola
- ☐ 3 large eggs
- ☐ 5.5 cups flour all-purpose
- ☐ 2 lime zest freshly grated
- ☐ 0.3 cup rum white
- ☐ 1 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.3 pound butter unsalted softened (1 stick)

Equipment

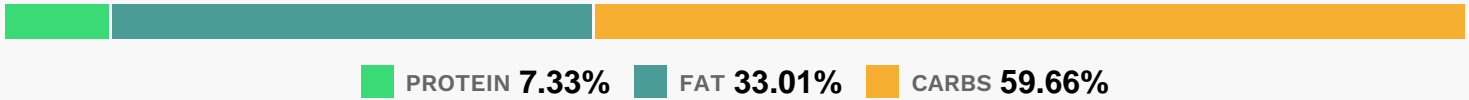
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ To make the brownies, position a rack in the bottom third of the oven. Preheat the oven to 350°F. Butter a 9x13-inch baking pan or spray it with nonstick spray. Dust with flour and tap out the excess. Set aside.
- ☐ In a medium bowl, combine the flour, baking soda, and salt.
- ☐ Place the chocolate in a heatproof bowl set over a pan of gently simmering water. Stir constantly until the chocolate is almost melted.
- ☐ Remove the bowl from the heat and stir until the chocolate is completely melted.
- ☐ In a large bowl, beat together the butter and sugar with an electric mixer until light and fluffy, about 3 minutes.
- ☐ Add the eggs one at a time, beating well after each addition.
- ☐ Add the melted chocolate and beat until well incorporated, about 2 minutes, scraping down the sides of the bowl as necessary.
- ☐ With a wooden spoon or a spatula, gently stir the flour mixture into the chocolate mixture just until combined. Gently stir in the cola and the rum; then pour the batter into the prepared pan, smoothing it to the edges.
- ☐ Bake the brownies until a toothpick inserted in the center comes out clean, about 35 minutes. Cool the brownies in the pan completely.

- ☐
- To make the frosting, in a large bowl beat the butter, cocoa powder, and rum with an electric mixer until smooth. Slowly add the confectioners' sugar, one cup at a time, beating until incorporated after each addition.
- ☐
- Spread the frosting over the cooled brownies.
- ☐
- Sprinkle with the grated lime zest, cut into squares, and serve.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:22.21, Inflammation Score:-4, Nutrition Score:6.9678260502608%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 261.09kcal (13.05%), Fat: 9.36g (14.4%), Saturated Fat: 5.32g (33.26%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 35.95g (13.07%), Sugar: 13.52g (15.03%), Cholesterol: 34.12mg (11.37%), Sodium: 154.3mg (6.71%), Alcohol: 1.1lg (100%), Alcohol %: 1.83% (100%), Caffeine: 12.19mg (4.06%), Protein: 4.68g (9.35%), Manganese: 0.38mg (18.98%), Selenium: 12.84µg (18.34%), Vitamin B1: 0.23mg (15.58%), Folate: 56.15µg (14.04%), Iron: 2.32mg (12.89%), Copper: 0.22mg (11.13%), Vitamin B2: 0.18mg (10.69%), Vitamin B3: 1.82mg (9.11%), Fiber: 2.11g (8.42%), Phosphorus: 81.62mg (8.16%), Magnesium: 31.39mg (7.85%), Zinc: 0.65mg (4.34%), Potassium: 122.98mg (3.51%), Vitamin A: 160.52IU (3.21%), Vitamin B5: 0.28mg (2.76%), Vitamin C: 1.62mg (1.97%), Calcium: 19.19mg (1.92%), Vitamin E: 0.28mg (1.83%), Vitamin B6: 0.03mg (1.53%), Vitamin B12: 0.08µg (1.42%), Vitamin D: 0.2µg (1.31%), Vitamin K: 1.34µg (1.27%)