



Cranberry and Pistachio Brownie Bites

READY IN



45 min.

SERVINGS



100

CALORIES



31 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 0.7 cup brown sugar dark packed
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 cup dry-roasted unsalted
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon coffee granules instant
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup butter unsalted
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ plastic wrap
- ☐ double boiler
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Line an 8-inch square baking pan with nonstick aluminum foil.
- ☐ Pour water to a depth of 1 inch into bottom of a double boiler over medium heat; bring to a boil. Reduce heat, and simmer; place butter, chocolate, and coffee in top of double boiler over simmering water. Cook, stirring occasionally, until melted.
- ☐ Remove from heat, and let cool.
- ☐ In a large mixing bowl, beat eggs on low speed.
- ☐ Add next 4 ingredients; beat until blended. Stir in chocolate mixture; fold in flour. Stir in pistachios and cranberries.
- ☐ Pour into prepared baking pan, spreading batter evenly.
- ☐ Bake at 350 for 30 minutes or until a toothpick inserted in center comes out with only a few moist crumbs. Cool in pan on wire rack. Cover with plastic wrap, and chill 8 hours or overnight.
- ☐ Cut brownies into 36 (1 1/4-inch) squares.

Nutrition Facts



 PROTEIN **5.12%**  FAT **49.92%**  CARBS **44.96%**

Properties

Glycemic Index:1.45, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:0.56913043510007%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 30.76kcal (1.54%), Fat: 1.74g (2.68%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 3.34g (1.22%), Sugar: 2.69g (2.99%), Cholesterol: 6.23mg (2.08%), Sodium: 7.96mg (0.35%), Alcohol: 0.01g (100%), Alcohol %: 0.13% (100%), Protein: 0.4g (0.8%), Manganese: 0.03mg (1.48%), Copper: 0.02mg (1.24%), Selenium: 0.71µg (1.02%)