



Dark-Chocolate Cherry Brownies

READY IN



45 min.

SERVINGS



12

CALORIES



235 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup chocolate chips
- 0.5 cup cherries fresh chopped
- 2 eggs
- 0.3 cup flour all-purpose
- 2 teaspoons ground coffee finely
- 2 tablespoons half and half
- 1 cup oat flour
- 0.1 teaspoon salt

- 1 cup sugar
- 6 tablespoons butter unsalted at room temperature
- 0.7 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract

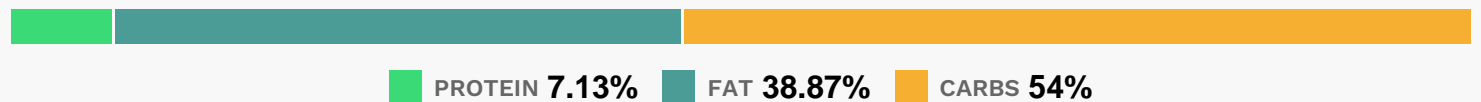
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Heat oven to 350°F. Coat an 8" x 8" baking dish with cooking spray. In a bowl, whisk together flours, cocoa, baking powder and salt; set aside. In another bowl, beat butter, sugar and coffee with an electric mixer on high until crumbly, about 30 seconds.
- Add eggs one at a time; beat on medium until a thick mocha-colored mixture forms.
- Add half-and-half, vanilla and chocolate chips; beat on low until just combined.
- Add flour mixture; beat on low until a thick batter forms.
- Pour into baking dish and top with cherries.
- Bake until edges are slightly firm but center is soft, 25 to 30 minutes. Cool 30 minutes; cut into 12 pieces.
- Self

Nutrition Facts



Properties

Glycemic Index: 21.59, Glycemic Load: 13.29, Inflammation Score: -4, Nutrition Score: 6.6030434862427%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 9.67mg, Epicatechin: 9.67mg, Epicatechin: 9.67mg, Epicatechin: 9.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 235.02kcal (11.75%), Fat: 10.67g (16.42%), Saturated Fat: 6.73g (42.05%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 30.47g (11.08%), Sugar: 20.32g (22.57%), Cholesterol: 43.28mg (14.43%), Sodium: 65.81mg (2.86%), Alcohol: 0.23g (100%), Alcohol %: 0.44% (100%), Caffeine: 11.7mg (3.9%), Protein: 4.41g (8.81%), Manganese: 0.62mg (31.11%), Copper: 0.25mg (12.7%), Phosphorus: 116.01mg (11.6%), Fiber: 2.89g (11.58%), Selenium: 7.86µg (11.23%), Magnesium: 43.54mg (10.89%), Iron: 1.46mg (8.12%), Vitamin B1: 0.11mg (7.1%), Zinc: 1.05mg (6.97%), Vitamin B2: 0.1mg (5.69%), Potassium: 189.21mg (5.41%), Calcium: 53.99mg (5.4%), Vitamin A: 227.81IU (4.56%), Folate: 15.03µg (3.76%), Vitamin E: 0.44mg (2.96%), Vitamin B3: 0.51mg (2.53%), Vitamin B5: 0.24mg (2.39%), Vitamin B6: 0.05mg (2.3%), Vitamin B12: 0.1µg (1.72%), Vitamin D: 0.25µg (1.68%), Vitamin K: 1.69µg (1.61%)