



HEALTH SCORE

63%

Dark Chocolate Peppermint Brownies



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



5837 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 6 ounces bittersweet chocolate finely chopped
- ☐ 5 ounces chocolate dark melted finely chopped
- ☐ 5 large eggs
- ☐ 1.5 cups flour
- ☐ 1 pieces coarsely peppermint candies crushed sifted fine
- ☐ 1 teaspoon peppermint extract
- ☐ 0.5 teaspoon salt

- ☐ 1.5 cups sugar
- ☐ 1 cup butter unsalted
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract

Equipment

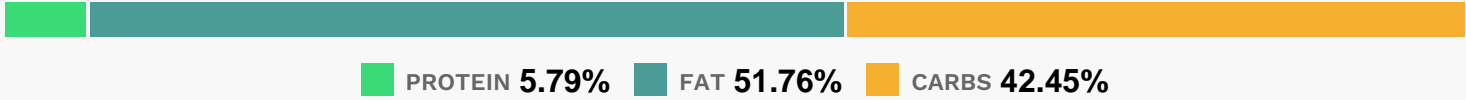
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks
- ☐ ziploc bags
- ☐ microwave
- ☐ spatula

Directions

- ☐ Preheat oven to 30
- ☐ Grease a 9- by 13-in. baking pan; set aside. Sift together flour, cocoa, salt, and baking powder into a bowl.
- ☐ Microwave butter and bittersweet chocolate in a medium glass bowl, stirring often, until melted and smooth, about 1 1/2 minutes.
- ☐ Whisk together sugar and eggs in a large bowl until blended.
- ☐ Add extracts and whisk to blend. Stir melted chocolate mixture into egg mixture. Gently fold in flour mixture with a plastic spatula until no streaks remain.
- ☐ Pour batter into prepared pan and spread evenly.
- ☐ Bake brownies until a toothpick inserted 2 in. from edge comes out with a few crumbs sticking to it, 25 to 30 minutes. Cool to room temperature, about 45 minutes.
- ☐ Put dark chocolate in a resealable plastic bag, snip off a small corner tip, and drizzle half over brownies.

- ☐
- Sprinkle with candies and drizzle with remaining chocolate.
- ☐
- Let cool until chocolate sets, 25 minutes, then cut into squares.

Nutrition Facts



Properties

Glycemic Index:260.09, Glycemic Load:324.61, Inflammation Score:-10, Nutrition Score:76.098260630732%

Flavonoids

Catechin: 41.81mg, Catechin: 41.81mg, Catechin: 41.81mg, Catechin: 41.81mg Epicatechin: 126.7mg, Epicatechin: 126.7mg, Epicatechin: 126.7mg, Epicatechin: 126.7mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 5836.92kcal (291.85%), Fat: 345.47g (531.49%), Saturated Fat: 202.41g (1265.06%), Carbohydrates: 637.52g (212.51%), Net Carbohydrates: 579.54g (210.74%), Sugar: 400.38g (444.86%), Cholesterol: 1432.51mg (477.5%), Sodium: 1715.88mg (74.6%), Alcohol: 3.44g (100%), Alcohol %: 0.32% (100%), Caffeine: 408.03mg (136.01%), Protein: 86.95g (173.9%), Manganese: 8.89mg (444.29%), Copper: 7.59mg (379.31%), Iron: 49.99mg (277.7%), Magnesium: 1021.7mg (255.43%), Selenium: 177.54µg (253.63%), Fiber: 57.99g (231.95%), Phosphorus: 2126.76mg (212.68%), Vitamin B2: 2.56mg (150.69%), Vitamin A: 7163.06IU (143.26%), Zinc: 18.38mg (122.52%), Folate: 488.08µg (122.02%), Vitamin B1: 1.74mg (115.82%), Potassium: 3579.69mg (102.28%), Vitamin B3: 15.72mg (78.6%), Vitamin E: 9.91mg (66.06%), Vitamin B5: 6.17mg (61.74%), Calcium: 579.18mg (57.92%), Vitamin D: 8.4µg (56.03%), Vitamin B12: 3.31µg (55.23%), Vitamin K: 41.41µg (39.44%), Vitamin B6: 0.7mg (35.24%)