



Death-by-Chocolate Brownies

READY IN



50 min.

SERVINGS



12

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 1 drops tiny almond extract
- ☐ 0.8 cup almonds toasted
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 3 large eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 1.5 teaspoons espresso powder instant
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces bittersweet chocolate
- ☐ 1.3 cups sugar

- ☐ 10 tablespoons butter unsalted (1 stick plus 2 tablespoons)
- ☐ 2 ounces chocolate unsweetened chopped
- ☐ 2 teaspoons vanilla extract

Equipment

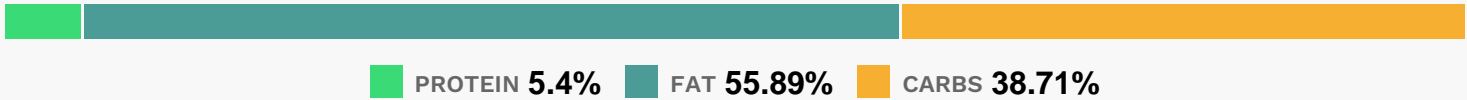
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula

Directions

- ☐ Preheat oven to 325F. Adjust an oven rack to a lower-middle position. Line an 8 inch square metal baking pan with foil or parchment paper. Put chocolates, butter, and instant coffee/espresso in a microwave safe bowl. Microwave on high, stirring every 30 seconds, until chocolate is almost melted.
- ☐ Remove from microwave, and stir to melt remaining bits of chocolate. Alternatively, you can melt the choco/butter/coffee combo over a pan of simmering water: put a heat-proof bowl over a pan of simmering water, making sure the bottom of the bowl doesn't touch the water, and stir until everything is melted.
- ☐ Remove from heat.
- ☐ Whisk in sugar, salt, baking powder, and extracts into the chocolate mixture. Then whisk in the eggs, one at a time, mixing each one completely before adding the next one. After adding the eggs, whisk the mixture until smooth and glossy.
- ☐ Add flour; whisk until just incorporated. Do not overmix. Stir in the nuts.

- ☐
- Pour batter into the prepared pan; flatten the top with a spatula.
- ☐
- Bake until a toothpick poked into the center comes out with wet crumbs, 55 to 65 minutes. (If your oven is notorious for overheating, start checking around 45 minutes.)Cool brownies in pan on a wire rack. When cool enough to handle, use the foil or parchment to pull the brownies from pan. Completely cool brownies on rack, at least 3 hours. Be patient, or the brownies won't cut into nice squares and you'll have a mess on hand. ...
- ☐
- Cut and enjoy!!!

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:18.52, Inflammation Score:-4, Nutrition Score:7.4739130110196%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 335.69kcal (16.78%), Fat: 21.65g (33.3%), Saturated Fat: 10.45g (65.34%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 31.52g (11.46%), Sugar: 24.65g (27.39%), Cholesterol: 72.15mg (24.05%), Sodium: 136.27mg (5.92%), Alcohol: 0.23g (100%), Alcohol %: 0.39% (100%), Caffeine: 15.83mg (5.28%), Protein: 4.71g (9.41%), Manganese: 0.63mg (31.39%), Copper: 0.41mg (20.5%), Iron: 2.21mg (12.29%), Magnesium: 47.43mg (11.86%), Selenium: 7.98µg (11.41%), Phosphorus: 107.89mg (10.79%), Fiber: 2.22g (8.87%), Zinc: 1.16mg (7.7%), Vitamin A: 365.24IU (7.3%), Vitamin B2: 0.12mg (7.08%), Folate: 27.42µg (6.86%), Vitamin B1: 0.1mg (6.34%), Potassium: 158.42mg (4.53%), Calcium: 38.95mg (3.9%), Vitamin E: 0.53mg (3.55%), Vitamin B3: 0.69mg (3.44%), Vitamin B6: 0.07mg (3.43%), Vitamin B5: 0.31mg (3.13%), Vitamin D: 0.43µg (2.83%), Vitamin B12: 0.15µg (2.47%), Vitamin K: 2.21µg (2.11%)