



Double Chocolate Brownies with Crushed Almond & Espresso

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 0.3 cup dutch process cocoa
- ☐ 1 large eggs
- ☐ 2 tablespoon espresso grounds at room temperature
- ☐ 0.3 cup flour all-purpose
- ☐ 1 pinch kosher salt
- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted for greasing pan (1stick)

- ☐ 2 ounce chocolate unsweetened roughly chopped
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ double boiler
- ☐ baking pan

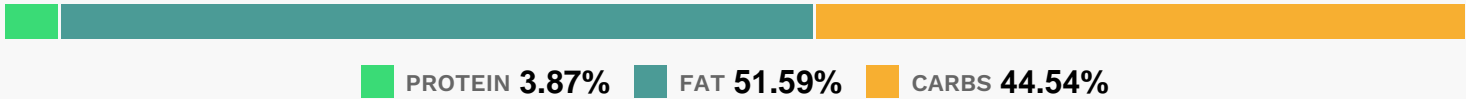
Directions

- ☐ Preheat oven to 375 degrees F. Butter the bottom and sides of an 8 x 8-inch glass or ceramic baking pan, then line the bottom with a piece of parchment cut to fit cleanly. Butter the top of the parchment as well. Set aside. On a baking sheet toast almonds in middle of oven until golden, about 7 minutes.
- ☐ Place the toasted almonds into the bowl of a food processor fitted with the blade attachment. Process until the almonds are coarsely ground.
- ☐ Add the flour, baking powder, and a pinch salt. Run the processor again until the almonds are finely ground into the flour mixture, about 30 seconds.
- ☐ Transfer the flour and almond mixture to a medium bowl. Lower the oven temperature to 325 degrees F. In a double boiler or a metal bowl set over a saucepan of simmering water melt unsweetened chocolate and butter, stirring until smooth. Stir in sugar, vanilla and espresso until well combined.
- ☐ Remove from heat and let cool somewhat— about body temperature is good. Quickly whisk in egg until well combined. Scrape the chocolate mixture into the flour and almond mixture

along with the semi-sweet chocolate chips. Beat until just combined.

- ☐
- Spread batter into the prepared pan and bake on the middle rack, 40 to 45 minutes. (Center will be a bit fudgy but almost cakey.)Cool brownies in the pan on a rack 5 minutes. The turn them out onto a new piece of parchment paper. Peel away the older parchment from the bottom of the pan if necessary and discard. Use a fine meshed sieve to thoroughly dust the top of the brownies with confectioners sugar. Carefully flip the unsliced brownies and dust the other side as well; then cut the brownies into serving pieces. Brownies will keep in an airtight container 3 days or frozen up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:13.07, Inflammation Score:-3, Nutrition Score:3.6126086919204%

Flavonoids

Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg Epicatechin: 10.22mg, Epicatechin: 10.22mg, Epicatechin: 10.22mg, Epicatechin: 10.22mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 175.72kcal (8.79%), Fat: 10.87g (16.72%), Saturated Fat: 6.67g (41.67%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 19.58g (7.12%), Sugar: 16.76g (18.62%), Cholesterol: 35.84mg (11.95%), Sodium: 12.02mg (0.52%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Caffeine: 9.31mg (3.1%), Protein: 1.84g (3.67%), Manganese: 0.29mg (14.32%), Copper: 0.23mg (11.53%), Iron: 1.28mg (7.09%), Magnesium: 26.21mg (6.55%), Fiber: 1.52g (6.07%), Vitamin A: 258.86IU (5.18%), Phosphorus: 45.44mg (4.54%), Zinc: 0.66mg (4.4%), Selenium: 3µg (4.28%), Vitamin B2: 0.05mg (2.86%), Potassium: 78.6mg (2.25%), Folate: 8.91µg (2.23%), Vitamin B1: 0.03mg (2.06%), Vitamin E: 0.29mg (1.9%), Vitamin B3: 0.3mg (1.5%), Vitamin D: 0.23µg (1.5%), Calcium: 12.26mg (1.23%), Vitamin K: 1.19µg (1.13%)