



Dulce De Leche Brownies

READY IN



45 min.

SERVINGS



24

CALORIES



137 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 0.5 cup butter cut into cubes
- 24 servings dulce de leche
- 3 eggs
- 1.3 cups flour
- 1 tablespoon espresso powder instant
- 1.3 cups bittersweet chocolate
- 0.5 cup sugar
- 1 tablespoon vanilla extract

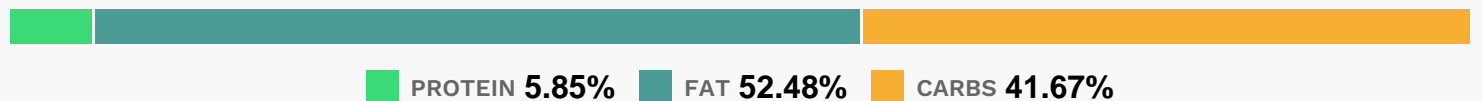
Equipment

- sauce pan
- oven
- knife
- baking pan
- spatula

Directions

- Preheat the oven to 350 degrees. Grease a 13X9 baking dish. In a saucepan melt butter and 1 cup semi-sweet chocolate, stirring constantly over very low heat until the chocolate is melted. Stir in eggs one at a time, then stir in the sugar, vanilla, espresso powder, baking soda, and flour. Stir in remaining chocolate chips.
- Pour the batter into baking dish. Use a knife or spatula to swirl the Dulce de Leche creating a marbled effect.
- Bake for 35 to 45 minutes. The brownies center will be slightly firm when they are done.
- Remove from the oven and allow cool completely.

Nutrition Facts



Properties

Glycemic Index: 9.88, Glycemic Load: 6.5, Inflammation Score: -2, Nutrition Score: 3.0117391304348%

Taste

Sweetness: 95.64%, Saltiness: 25.28%, Sourness: 2.99%, Bitterness: 1.54%, Savoriness: 14.34%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 136.58kcal (6.83%), Fat: 7.93g (12.2%), Saturated Fat: 4.62g (28.88%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 13.26g (4.82%), Sugar: 7.61g (8.46%), Cholesterol: 31.17mg (10.39%), Sodium: 50.83mg (2.21%), Alcohol: 0.19g (1.04%), Caffeine: 14.38mg (4.79%), Protein: 1.99g (3.98%), Manganese: 0.17mg (8.58%), Selenium: 4.76µg (6.8%), Copper: 0.13mg (6.4%), Iron: 0.99mg (5.48%), Magnesium: 18.97mg (4.74%), Phosphorus: 43.42mg

(4.34%), Vitamin B2: 0.06mg (3.81%), Vitamin B1: 0.06mg (3.77%), Folate: 14.64µg (3.66%), Fiber: 0.9g (3.62%),
Vitamin A: 152.44IU (3.05%), Vitamin B3: 0.53mg (2.64%), Zinc: 0.36mg (2.43%), Potassium: 75.63mg (2.16%),
Vitamin E: 0.23mg (1.5%), Vitamin B5: 0.15mg (1.46%), Vitamin B12: 0.07µg (1.22%), Calcium: 11.24mg (1.12%)