



Easy Tiramisu Brownie Bars

 Vegetarian

READY IN



225 min.

SERVINGS



16

CALORIES



271 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 0.3 cup vegetable oil
- 2 eggs
- 5 tablespoons hot-brewed coffee cold brewed
- 6 oz cream cheese softened (from 8-oz package)
- 0.3 cup powdered sugar
- 0.3 teaspoon rum extract
- 1 cup cup heavy whipping cream

- 2 teaspoons cocoa powder unsweetened

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- aluminum foil

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray.
- In large bowl, stir together brownie mix, chocolate syrup pouch (from brownie mix box), oil, eggs and 3 tablespoons of the coffee until well blended.
- Spread in pan.
- Bake 28 to 31 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Carefully brush remaining 2 tablespoons coffee over warm brownies. Cool completely on cooling rack, about 1 hour.
- In medium bowl, beat cream cheese and powdered sugar with electric mixer on medium speed until smooth. Beat in rum extract; set aside. In chilled small bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. Fold whipped cream into cream cheese mixture.
- Spread over cooled brownies.
- Sift or sprinkle cocoa over top. Cover and refrigerate at least 2 hours until topping is firm. Using foil to lift, remove brownies from pan, and peel foil away.
- Cut into 4 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



■ PROTEIN 4.62% ■ FAT 57.66% ■ CARBS 37.72%

Properties

Glycemic Index:1.69, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:2.349130442609%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 270.87kcal (13.54%), Fat: 17.54g (26.98%), Saturated Fat: 7.18g (44.89%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 25.77g (9.37%), Sugar: 17.36g (19.29%), Cholesterol: 48.01mg (16%), Sodium: 128.16mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin K: 9.08µg (8.64%), Vitamin A: 391.14IU (7.82%), Iron: 0.94mg (5.22%), Vitamin B2: 0.08mg (4.81%), Selenium: 3.08µg (4.4%), Vitamin E: 0.66mg (4.39%), Phosphorus: 31.95mg (3.19%), Calcium: 23.49mg (2.35%), Vitamin D: 0.35µg (2.32%), Vitamin B5: 0.19mg (1.95%), Vitamin B12: 0.1µg (1.6%), Potassium: 39.97mg (1.14%), Zinc: 0.17mg (1.13%), Folate: 4.27µg (1.07%), Vitamin B6: 0.02mg (1.04%)