



Easy Tiramisu Brownie Bars

 Vegetarian

READY IN



235 min.

SERVINGS



24

CALORIES



192 kcal

DESSERT

Ingredients

- 1 box brownie mix (1 lb 6.25 oz)
- 0.5 cup hot-brewed coffee cold brewed
- 8 oz cream cheese softened
- 2 eggs
- 1.3 cups cup heavy whipping cream
- 0.5 cup powdered sugar
- 2 teaspoons rum extract
- 1 tablespoon cocoa powder unsweetened

0.5 cup vegetable oil

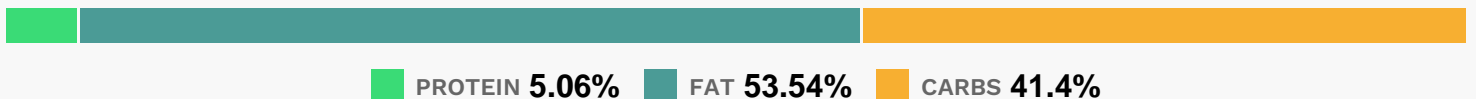
Equipment

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

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray.
- In large bowl, stir together brownie mix, chocolate syrup pouch (from brownie mix box), 1/4 cup of the coffee, the oil and eggs until well blended.
- Spread in pan.
- Bake 25 to 30 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Carefully poke holes in brownie using fork.
- Drizzle remaining 1/4 cup coffee over warm brownies. Cool completely in pan on cooling rack, at least 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; refrigerate at least 2 hours until topping is firm. For bars, cut into 8 rows by 3 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.13, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.6486956418856%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 192.46kcal (9.62%), Fat: 11.58g (17.82%), Saturated Fat: 5.58g (34.9%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 20.08g (7.3%), Sugar: 13.72g (15.24%), Cholesterol: 37.19mg (12.4%), Sodium: 100.47mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin A: 328.93IU (6.58%), Iron: 0.72mg (3.97%), Vitamin B2: 0.07mg (3.91%), Selenium: 2.36µg (3.36%), Phosphorus: 26.24mg (2.62%), Vitamin K: 2.29µg (2.18%), Vitamin E: 0.31mg (2.06%), Calcium: 19.79mg (1.98%), Vitamin D: 0.27µg (1.81%), Vitamin B5: 0.15mg (1.55%), Vitamin B12: 0.07µg (1.22%)