



 1%
HEALTH SCORE

Brownie Coffins

READY IN



45 min.

SERVINGS



5

CALORIES



463 kcal

DESSERT

Ingredients

- 0.5 cup butter unsalted
- 0.5 cup sugar sweet
- 2 eggs
- 1 teaspoon vanilla extract
- 0.3 cup chocolate dark
- 0.5 cup flour
- 0.3 teaspoon double-acting baking powder
- 1 pinch salt
- 5 servings chocolate white melted

5 servings m&m candies

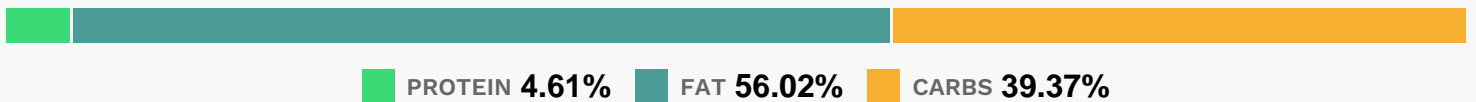
Equipment

- oven
- mixing bowl
- cake form
- microwave

Directions

- Preheat oven to 350 degrees F. Spray the Coffin Cake Pan with baking spray.
- Melt 1/2 cup butter in a microwave safe bowl. In a large mixing bowl mix together the melted butter and sugar. When smooth, add the eggs and vanilla extract and mix well.
- Beat in the dark chocolate cocoa powder. When smooth, beat in flour, salt, and baking powder.
- Fill the coffins about 2/3 of the way with the brownie batter.
- Bake at 350 degrees F for 20 to 25 minutes (22 minutes worked for me).
- When the brownies have cooled, decorate as you like.

Nutrition Facts



Properties

Glycemic Index:66.02, Glycemic Load:22.27, Inflammation Score:-5, Nutrition Score:7.1230434782609%

Nutrients (% of daily need)

Calories: 463.29kcal (23.16%), Fat: 29.07g (44.72%), Saturated Fat: 17.45g (109.07%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 43.95g (15.98%), Sugar: 32.94g (36.6%), Cholesterol: 117.09mg (39.03%), Sodium: 70.4mg (3.06%), Alcohol: 0.28g (1.53%), Caffeine: 9.33mg (3.11%), Protein: 5.39g (10.77%), Manganese: 0.32mg (16.06%), Selenium: 10.83µg (15.47%), Vitamin A: 700.76IU (14.02%), Iron: 2.5mg (13.89%), Copper: 0.24mg (12.15%), Vitamin B2: 0.17mg (9.79%), Phosphorus: 95.92mg (9.59%), Fiber: 2.02g (8.07%), Magnesium: 32.19mg (8.05%), Folate: 31.9µg (7.97%), Vitamin B1: 0.11mg (7.4%), Calcium: 57.13mg (5.71%), Vitamin E: 0.8mg (5.32%), Zinc: 0.73mg (4.88%), Vitamin D: 0.69µg (4.62%), Vitamin B3: 0.89mg (4.47%), Vitamin B5: 0.4mg (4.05%), Vitamin B12: 0.23µg (3.89%), Potassium: 131.01mg (3.74%), Vitamin K: 2.62µg (2.5%), Vitamin B6: 0.04mg (2.07%)