

Fudgy Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



120 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons coffee granules instant
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.7 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

☐ 1 tablespoon water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ Place sugar and eggs in a large bowl; beat with a mixer at high speed until thick and pale (about 5 minutes).
- ☐ Combine hot water and coffee granules, stirring until coffee granules dissolve.
- ☐ Add coffee mixture, butter, and vanilla extract to sugar mixture; beat at low speed until combined.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cocoa, and salt, stirring with a whisk. Gradually add flour mixture to sugar mixture, stirring just until moist (batter will be thick).
- ☐ Spread batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 325 for 23 minutes or until brownies spring back when touched lightly in center. Cool in pan on a wire rack.
- ☐ Garnish brownies with powdered sugar, if desired.

Nutrition Facts



 PROTEIN 7.28%  FAT 28.52%  CARBS 64.2%

Properties

Glycemic Index:12.19, Glycemic Load:13.04, Inflammation Score:-2, Nutrition Score:3.3526087014571%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 120.26kcal (6.01%), Fat: 4.08g (6.28%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 19.12g (6.95%), Sugar: 12.62g (14.02%), Cholesterol: 30.88mg (10.29%), Sodium: 69.17mg (3.01%), Alcohol: 0.09g (100%), Alcohol %: 0.31% (100%), Caffeine: 12.17mg (4.06%), Protein: 2.34g (4.68%), Manganese: 0.2mg (9.79%), Copper: 0.15mg (7.65%), Selenium: 5.21µg (7.44%), Fiber: 1.54g (6.15%), Iron: 0.98mg (5.46%), Magnesium: 20.87mg (5.22%), Phosphorus: 48.36mg (4.84%), Vitamin B2: 0.08mg (4.69%), Folate: 18.49µg (4.62%), Vitamin B1: 0.07mg (4.46%), Vitamin B3: 0.58mg (2.91%), Zinc: 0.38mg (2.56%), Vitamin A: 122.39IU (2.45%), Potassium: 77.35mg (2.21%), Vitamin B5: 0.14mg (1.43%), Calcium: 10.49mg (1.05%), Vitamin E: 0.16mg (1.04%), Vitamin B12: 0.06µg (1.03%)