



## Fudgy Coffee Brownies



Vegetarian

READY IN



1500 min.

SERVINGS



32

CALORIES



149 kcal

DESSERT

### Ingredients



1 tablespoon cinnamon



5 large eggs



1 cup flour all-purpose



2 tablespoons espresso powder



0.5 teaspoon salt



2 cups sugar



0.5 pound butter unsalted



5 ounces baker's chocolate unsweetened

☐ 1 teaspoon vanilla extract pure

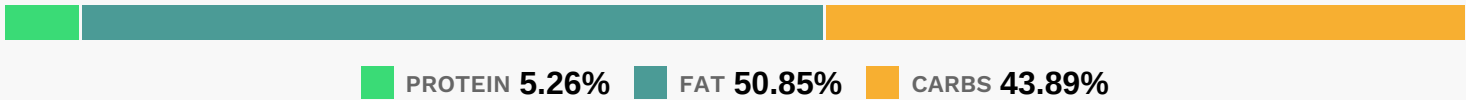
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter and flour a 13- by 9-inch baking pan.
- ☐ Melt butter and chocolate with espresso powder in a 3-quart heavy saucepan over low heat, whisking until smooth.
- ☐ Remove from heat and cool to lukewarm.
- ☐ Whisk in sugar and vanilla.
- ☐ Whisk in eggs 1 at a time until mixture is glossy and smooth.
- ☐ Whisk together flour, cinnamon, and salt, then whisk into chocolate mixture.
- ☐ Spread batter in pan and bake until a wooden pick inserted in center comes out with crumbs adhering, 25 to 30 minutes. Cool completely before cutting.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:10.89, Inflammation Score:-2, Nutrition Score:3.3543478461873%

Flavonoids

Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg

Nutrients (% of daily need)

Calories: 148.61kcal (7.43%), Fat: 8.89g (13.68%), Saturated Fat: 5.33g (33.29%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 16.29g (5.92%), Sugar: 12.58g (13.98%), Cholesterol: 44.3mg (14.77%), Sodium: 49.63mg (2.16%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Caffeine: 13.36mg (4.45%), Protein: 2.07g (4.14%), Manganese: 0.26mg (13.18%), Copper: 0.16mg (7.89%), Iron: 1.13mg (6.29%), Selenium: 4.27µg (6.11%), Vitamin A: 220.04IU (4.4%), Magnesium: 17.61mg (4.4%), Phosphorus: 40.22mg (4.02%), Fiber: 0.97g (3.89%), Vitamin B2: 0.06mg (3.8%), Zinc: 0.57mg (3.79%), Folate: 12.29µg (3.07%), Vitamin B1: 0.04mg (2.72%), Vitamin B3: 0.39mg (1.96%), Potassium: 66.01mg (1.89%), Vitamin E: 0.27mg (1.82%), Vitamin D: 0.26µg (1.75%), Vitamin B5: 0.15mg (1.53%), Calcium: 14.24mg (1.42%), Vitamin B12: 0.08µg (1.36%)