Fudgy Espresso Brownie Bites

Dairy Free

READY IN	SERVINGS	CALORIES
32 min.	18	247 kcal

DESSERT

Ingredients

- [ ] 18.3 oz fudge brownie mix with betty crocker)
- [ ] 0.5 cup canola oil
- [ ] 2 large eggs
- [ ] 1 tablespoon espresso powder
- [ ] 1 cup semisweet chocolate morsels
- [ ] 1 cup walnuts coarsely chopped
- [ ] 0.3 cup water hot

Equipment

- [ ] bowl
- [ ] oven
- [ ] whisk
- [ ] muffin liners
- [ ] measuring cup

Directions

- [ ] Dissolve espresso powder in hot water in a 1-cup glass measuring cup, stirring with a small whisk. Cool slightly.
- [ ] Whisk in oil and eggs until blended.
- [ ] Place brownie mix in a large bowl; break up large lumps with the back of a spoon. Stir in espresso mixture until blended. Stir in chocolate morsels and walnuts. Spoon mixture into 38 lightly greased (1 3/4") miniature muffin cups, filling full.
- [ ] Bake at 375 for 12 to 14 minutes or until tops are shiny and crusty and centers are set. Cool completely in pans on wire racks.
- [ ] Remove from pans using a slight twisting motion.

Nutrition Facts

PROTEIN **5.94%** FAT **47.8%** CARBS **46.26%**

Properties

Glycemic Index:1.11, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.8691304653235%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg

Nutrients (% of daily need)

Calories: 247.15kcal (12.36%), Fat: 13.3g (20.46%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 27.71g (10.08%), Sugar: 18.16g (20.17%), Cholesterol: 21.27mg (7.09%), Sodium: 93.45mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.32mg (5.77%), Protein: 3.72g (7.43%), Manganese: 0.36mg (18.04%), Copper: 0.23mg (11.65%), Iron: 1.74mg (9.67%), Magnesium: 29.48mg (7.37%), Phosphorus: 60.33mg (6.03%), Fiber: 1.24g (4.94%), Selenium: 2.9µg (4.14%), Zinc: 0.54mg (3.59%), Vitamin K: 3.14µg (2.99%), Potassium: 102.86mg (2.94%), Vitamin B6: 0.05mg (2.39%), Vitamin B2: 0.04mg (2.37%), Folate: 8.98µg (2.25%), Vitamin B1: 0.03mg (1.84%), Vitamin E: 0.26mg (1.75%), Calcium: 16.17mg (1.62%), Vitamin B5: 0.15mg (1.52%), Vitamin B3:

0.24mg (1.2%), Vitamin B12: 0.07µg (1.12%)