



Fudgy Peppermint Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



213 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 4 ounce chocolate squares unsweetened
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup coarsely peppermint candies hard crushed 20
- ☐ 1 teaspoon peppermint extract
- ☐ 2 teaspoons powdered sugar
- ☐ 0.5 teaspoon salt

- ☐ 2 cups sugar
- ☐ 1 tablespoon vanilla extract

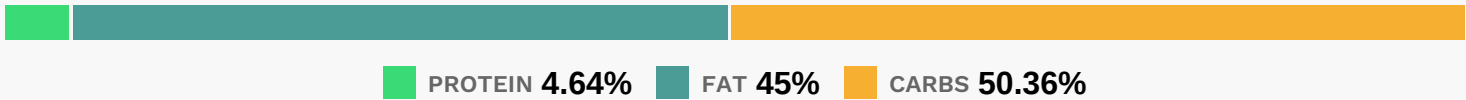
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Melt butter and chocolate in a heavy saucepan over medium-low heat, stirring until smooth; let cool.
- ☐ Beat eggs at medium speed with an electric mixer 2 minutes; gradually add 2 cups sugar, beating well.
- ☐ Add melted chocolate, flour, and next 3 ingredients; beat well. Stir in peppermint candy.
- ☐ Pour batter into a greased and floured 13" x 9" pan.
- ☐ Bake at 350 for 32 to 33 minutes. Cool completely on a wire rack.
- ☐ Cut into bars; sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:18.29, Inflammation Score:-4, Nutrition Score:3.9686956711761%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 213.23kcal (10.66%), Fat: 11.01g (16.94%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 26.73g (9.72%), Sugar: 19.37g (21.53%), Cholesterol: 31mg (10.33%), Sodium: 151mg (6.57%), Alcohol: 0.24g (100%), Alcohol %: 0.6% (100%), Caffeine: 3.78mg (1.26%), Protein: 2.55g (5.1%), Manganese: 0.25mg (12.75%), Copper: 0.17mg (8.59%), Selenium: 5.69µg (8.13%), Vitamin A: 383.32IU (7.67%), Iron: 1.34mg (7.45%), Vitamin B2: 0.09mg (5.22%), Folate: 19.63µg (4.91%), Vitamin B1: 0.07mg (4.84%), Magnesium: 18.54mg (4.63%), Phosphorus: 46.06mg (4.61%), Zinc: 0.62mg (4.13%), Fiber: 1g (3.98%), Vitamin E: 0.4mg (2.7%), Vitamin B3: 0.54mg (2.68%), Potassium: 64.44mg (1.84%), Vitamin B5: 0.18mg (1.78%), Vitamin B12: 0.08µg (1.39%), Calcium: 13.72mg (1.37%), Vitamin D: 0.17µg (1.11%)