



## GEVALIA Espresso ONE BOWL Brownies

 Dairy Free

READY IN



47 min.

SERVINGS



24

CALORIES



195 kcal

DESSERT

### Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter
- 3 eggs
- 0.3 cup gevalia espresso roast
- 1 cup flour
- 1 cup planters pecans coarsely chopped
- 2 cups sugar
- 1 tsp vanilla

2 Tbsp water

## Equipment

bowl

frying pan

oven

toothpicks

aluminum foil

microwave

## Directions

Heat oven to 350F.

Line 13x9-inch pan with foil, with ends of foil extending over sides. Spray with cooking spray.

Mix coffee grounds and water. Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted; stir until chocolate is completely melted. Stir in sugar. Blend in coffee, eggs and vanilla.

Add flour and nuts; mix well.

Pour into prepared pan.

Bake 30 to 32 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool completely. Use foil handles to remove brownies from pan before cutting to serve.

## Nutrition Facts



**PROTEIN 4.44%** **FAT 51.46%** **CARBS 44.1%**

## Properties

Glycemic Index:6.46, Glycemic Load:14.53, Inflammation Score:-3, Nutrition Score:4.2869565078746%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 3.34mg, Catechin: 3.34mg, Catechin: 3.34mg, Catechin: 3.34mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg

Epicatechin: 6.74mg, Epicatechin: 6.74mg, Epicatechin: 6.74mg, Epicatechin: 6.74mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

## **Nutrients (% of daily need)**

Calories: 194.89kcal (9.74%), Fat: 11.78g (18.13%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 21.4g (7.78%), Sugar: 16.9g (18.77%), Cholesterol: 20.46mg (6.82%), Sodium: 76.53mg (3.33%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.99mg (3%), Protein: 2.29g (4.57%), Manganese: 0.42mg (21.09%), Copper: 0.22mg (10.82%), Iron: 1.28mg (7.09%), Magnesium: 24.46mg (6.12%), Selenium: 4.09µg (5.85%), Vitamin A: 285.75IU (5.72%), Fiber: 1.32g (5.28%), Vitamin B1: 0.08mg (5.2%), Zinc: 0.75mg (5.02%), Phosphorus: 48.66mg (4.87%), Vitamin B2: 0.07mg (4.19%), Folate: 14.44µg (3.61%), Vitamin B3: 0.55mg (2.77%), Vitamin E: 0.36mg (2.38%), Potassium: 75.69mg (2.16%), Vitamin B5: 0.16mg (1.57%), Calcium: 13.92mg (1.39%), Vitamin B6: 0.02mg (1.12%)