



Hazelnut-Brown-Butter Brownies



Gluten Free



Low Fod Map

READY IN



90 min.

SERVINGS



30

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 12 ounces bittersweet chocolate chopped (70 percent)
- ☐ 6 large eggs (large)
- ☐ 7 ounces hazelnuts
- ☐ 1 tablespoon coffee dissolved in 1 tablespoon of hot water instant
- ☐ 1 teaspoon salt
- ☐ 3 cups sugar
- ☐ 1 pound butter unsalted (4 sticks)
- ☐ 1 cup cocoa powder unsweetened

Equipment

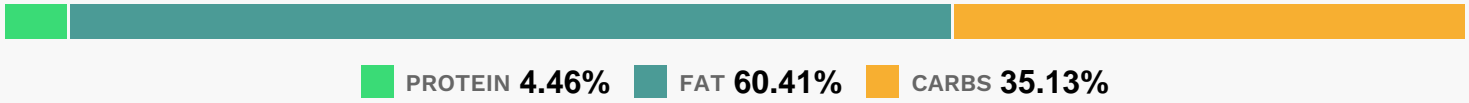
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ Preheat the oven to 32
- ☐ Line a 9-by-13-inch baking pan with foil, pressing it into the corners and leaving overhang on the 2 short sides.
- ☐ Spread the hazelnuts in a pie plate and toast for 15 minutes, until fragrant and the skins blister; transfer to a kitchen towel to cool slightly, then rub off the skins.
- ☐ Let cool completely.
- ☐ Transfer the nuts to a food processor.
- ☐ Add the cocoa, salt and 1/2 cup of the sugar and pulse until finely ground.
- ☐ In a large saucepan, cook the butter over moderate heat, shaking the pan occasionally, until nutty-smelling and golden and the foam subsides, about 5 minutes.
- ☐ Remove from the heat and add the chopped chocolate; let stand until melted, about 2 minutes.
- ☐ Whisk the butter and chocolate until smooth, scraping up any browned butter solids from the bottom of the pan.
- ☐ Let cool slightly.

- ☐ In a large bowl, using an electric mixer, beat the eggs with the remaining 2 1/2 cups of sugar and the coffee until tripled in volume, about 5 minutes. Beat in the chocolate–butter mixture.
- ☐ Add the cocoa–hazelnut mixture and beat to combine, scraping down the bowl. Scrape the batter into the prepared pan and bake for about 50 minutes, until the top is glossy and a toothpick inserted in the center comes out with a few moist crumbs attached.
- ☐ Let the brownie cool completely on a rack, then refrigerate until chilled.
- ☐ Lift the brownie out of the pan and peel off the foil.
- ☐ Cut into 20 pieces and serve.

Nutrition Facts



Properties

Glycemic Index:2.84, Glycemic Load:14.03, Inflammation Score:-4, Nutrition Score:6.9321738637012%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 314.03kcal (15.7%), Fat: 22.04g (33.91%), Saturated Fat: 11.1g (69.4%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 26.23g (9.54%), Sugar: 24.51g (27.23%), Cholesterol: 70.39mg (23.46%), Sodium: 95.38mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.58mg (7.19%), Protein: 3.66g (7.31%), Manganese: 0.68mg (33.8%), Copper: 0.38mg (18.76%), Magnesium: 47.09mg (11.77%), Fiber: 2.61g (10.44%), Vitamin E: 1.52mg (10.12%), Phosphorus: 93.64mg (9.36%), Iron: 1.62mg (9.01%), Vitamin A: 438.84IU (8.78%), Selenium: 4.88µg (6.98%), Zinc: 0.8mg (5.35%), Potassium: 176.6mg (5.05%), Vitamin B2: 0.07mg (4.39%), Vitamin B1: 0.05mg (3.54%), Folate: 13.55µg (3.39%), Vitamin B6: 0.06mg (3.1%), Vitamin D: 0.43µg (2.85%), Calcium: 27.95mg (2.8%), Vitamin K: 2.92µg (2.78%), Vitamin B5: 0.27mg (2.72%), Vitamin B12: 0.14µg (2.25%), Vitamin B3: 0.34mg (1.69%)