



Hazelnut Tile Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



528 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 16 servings hazelnut crust
- ☐ 16 servings hazelnuts toasted finely chopped
- ☐ 0.4 ounce chocolate
- ☐ 0.1 teaspoon salt
- ☐ 4 ounce bittersweet chocolate finely chopped
- ☐ 0.7 cup sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons frangelico
- ☐ 16 servings ghirardelli)
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Equipment

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

Directions

- ☐ Prepare Hazelnut Crust; set aside.
- ☐ Combine butter and semisweet chocolate in a small saucepan; place over medium-low heat. Cook until chocolate and butter melt, stirring until smooth. Cool 10 minutes.
- ☐ Combine flour and salt; stir well, and set aside.
- ☐ Combine eggs and sugar in a mixing bowl, and beat at medium-high speed with an electric mixer 3 minutes or until thick and pale.
- ☐ Add cooled chocolate mixture and vanilla; beat well.
- ☐ Add flour mixture, stirring well. Stir in Frangelico.
- ☐ Pour chocolate batter over crust.
- ☐ Bake at 350 for 32 minutes. (Top will appear cracked.)
- ☐ Place pan on a wire rack. Immediately arrange milk chocolate squares in rows over uncut brownies.
- ☐ Sprinkle with hazelnuts. The heat of the brownies will partially melt the chocolate squares, helping them to "frost" the brownies and hold the nuts on top. Cool and cut into 16 squares.

Nutrition Facts

 **PROTEIN 7.69%**  **FAT 73.96%**  **CARBS 18.35%**

Properties

Glycemic Index:13.61, Glycemic Load:8.76, Inflammation Score:-7, Nutrition Score:20.132173758486%

Flavonoids

Cyanidin: 4.03mg, Cyanidin: 4.03mg, Cyanidin: 4.03mg, Cyanidin: 4.03mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg

Nutrients (% of daily need)

Calories: 528.17kcal (26.41%), Fat: 45.79g (70.45%), Saturated Fat: 5.76g (35.98%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 19.03g (6.92%), Sugar: 13.93g (15.48%), Cholesterol: 23.68mg (7.89%), Sodium: 94.94mg (4.13%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Caffeine: 6.53mg (2.18%), Protein: 10.71g (21.43%), Manganese: 3.83mg (191.58%), Vitamin E: 9.33mg (62.21%), Copper: 1.14mg (56.76%), Magnesium: 112.88mg (28.22%), Vitamin B1: 0.42mg (28.14%), Fiber: 6.53g (26.12%), Phosphorus: 211.64mg (21.16%), Iron: 3.58mg (19.9%), Folate: 77.98µg (19.49%), Vitamin B6: 0.35mg (17.68%), Potassium: 466.44mg (13.33%), Zinc: 1.78mg (11.85%), Vitamin K: 9.1µg (8.67%), Calcium: 79.29mg (7.93%), Selenium: 5.35µg (7.64%), Vitamin B2: 0.13mg (7.36%), Vitamin B5: 0.69mg (6.92%), Vitamin B3: 1.38mg (6.91%), Vitamin A: 303.04IU (6.06%), Vitamin C: 3.79mg (4.6%), Vitamin B12: 0.08µg (1.26%)