



## Hot and Spicy Brownies

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



137 kcal

DESSERT

### Ingredients

- 2 teaspoons five-spice powder
- 2 chipotle peppers in adobo canned chopped
- 2 large eggs
- 0.5 cup flour all-purpose
- 0.3 teaspoon salt fine
- 1 cup sugar
- 0.5 cup butter unsalted
- 9 ounce chocolate unsweetened

1 teaspoon vanilla extract

## Equipment

bowl

frying pan

oven

whisk

double boiler

## Directions

Watch how to make this recipe.

Preheat the oven to 325 degrees F.

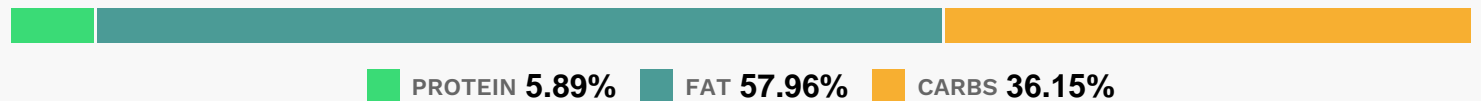
Melt the chocolate and the butter together in a double boiler or in a bowl set over a pan of simmering water.

Remove from the heat and whisk in the sugar, then eggs, vanilla, salt, and chopped peppers. Sift in the flour and five-spice powder and mix until incorporated.

Pour into mini muffin pans and bake for about 15 minutes.

Alternately, you can pour the batter into a greased 8 by 8-inch pan and bake for about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.25, Glycemic Load:7.26, Inflammation Score:-3, Nutrition Score:4.8391304385403%

## Flavonoids

Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg

## Nutrients (% of daily need)

Calories: 137.13kcal (6.86%), Fat: 9.9g (15.23%), Saturated Fat: 6.01g (37.53%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 11.88g (4.32%), Sugar: 8.54g (9.49%), Cholesterol: 25.67mg (8.56%), Sodium: 33.43mg (1.45%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Caffeine: 8.5mg (2.83%), Protein: 2.26g (4.53%), Manganese: 0.47mg (23.53%), Copper: 0.35mg (17.75%), Iron: 2.2mg (12.23%), Magnesium: 36.52mg (9.13%), Fiber: 2.01g (8.03%), Zinc: 1.12mg (7.46%), Phosphorus: 56.2mg (5.62%), Selenium: 3.14µg (4.48%), Potassium: 103.13mg (2.95%), Vitamin A: 141.78IU (2.84%), Vitamin B2: 0.05mg (2.76%), Vitamin B1: 0.04mg (2.61%), Folate: 9.88µg (2.47%), Calcium: 16.87mg (1.69%), Vitamin B3: 0.31mg (1.57%), Vitamin E: 0.2mg (1.32%), Vitamin K: 1.38µg (1.32%), Vitamin D: 0.15µg (1.03%), Vitamin B5: 0.1mg (1.01%)