



## Irish Cream Brownie Dessert

READY IN



60 min.

SERVINGS



8

CALORIES



160 kcal

DESSERT

### Ingredients

- 0.5 cup granulated sugar
- 0.3 cup flour all-purpose
- 0.3 cup cocoa powder
- 0.3 teaspoon baking soda
- 0.3 teaspoon salt
- 2 egg whites fat-free
- 2 tablespoons plus
- 1 tablespoon baileys irish cream light
- 1 tablespoon vegetable oil

- 0.3 cup powdered sugar
- 1 tablespoon baileys irish cream light
- 1 cup cool whip fat-free frozen thawed ()
- 1 tablespoon chocolate chips miniature chopped

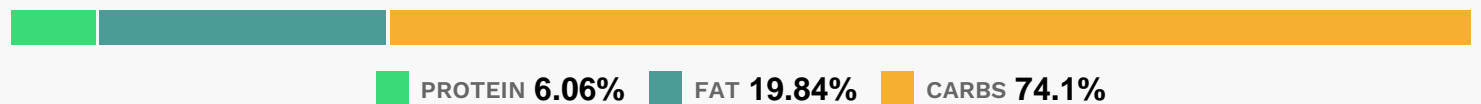
## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

## Directions

- Heat oven to 350°F. Spray square pan, 8x8x2 inches, with cooking spray.
- Mix granulated sugar, flour, cocoa, baking soda and salt in large bowl; set aside.
- Mix remaining brownie ingredients in small bowl.
- Add to flour mixture; stir just until dry ingredients are moistened.
- Spread evenly in pan.
- Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Cool at least 30 minutes on wire rack.
- Mix powdered sugar and 1 tablespoon liqueur in small bowl. Fold in whipped topping.
- Spread evenly over cooled brownies.
- Sprinkle with chopped chocolate.

## Nutrition Facts



## Properties

Glycemic Index:20.51, Glycemic Load:12.4, Inflammation Score:-2, Nutrition Score:3.1982608545248%

## Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 159.98kcal (8%), Fat: 3.7g (5.69%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 29.53g (10.74%), Sugar: 23.92g (26.58%), Cholesterol: 1.78mg (0.59%), Sodium: 131.82mg (5.73%), Alcohol: 0.51g (100%), Alcohol %: 1.17% (100%), Caffeine: 8.24mg (2.75%), Protein: 2.54g (5.08%), Manganese: 0.17mg (8.73%), Vitamin B2: 0.13mg (7.55%), Copper: 0.15mg (7.4%), Fiber: 1.55g (6.22%), Selenium: 4.2µg (5.99%), Magnesium: 20.66mg (5.16%), Iron: 0.78mg (4.34%), Vitamin B1: 0.06mg (4.07%), Phosphorus: 39.43mg (3.94%), Folate: 12.57µg (3.14%), Vitamin K: 3.26µg (3.1%), Vitamin B12: 0.15µg (2.42%), Potassium: 82.78mg (2.37%), Zinc: 0.34mg (2.25%), Vitamin B3: 0.43mg (2.14%), Calcium: 19.12mg (1.91%), Vitamin E: 0.15mg (1.03%)