



Irish Cream Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



147 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 0.3 cup butter
- 0.5 cup egg substitute
- 4.5 ounces flour all-purpose
- 0.3 cup baileys irish cream
- 0.3 teaspoon salt
- 0.3 cup semi chocolate chips
- 1 cup sugar
- 0.5 cup cocoa powder unsweetened

1 teaspoon vanilla extract

Equipment

bowl

oven

knife

whisk

wire rack

baking pan

microwave

measuring cup

Directions

Preheat oven to 35

Lightly spoon flour into a dry measuring cup; level with a knife.

Combine flour, cocoa, baking soda, and salt in a small bowl, stirring with a whisk.

Place the chocolate chips and the butter in a large microwave-safe bowl. Microwave at HIGH 1 1/2 minutes or until the chocolate chips and butter melt, stirring every 30 seconds. Cool slightly.

Add sugar and next 3 ingredients (through vanilla extract), stirring well with a whisk. Microwave at HIGH 1 minute or until sugar dissolves, stirring every 30 seconds. Fold in the flour mixture, stirring just until moist.

Spread batter in a thin layer into a 9-inch square baking pan coated with cooking spray.

Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out almost clean. Cool on a wire rack.

Nutrition Facts



PROTEIN 6.59% **FAT 31.67%** **CARBS 61.74%**

Properties

Glycemic Index:12.19, Glycemic Load:13.13, Inflammation Score:-2, Nutrition Score:3.5869565057042%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 146.8kcal (7.34%), Fat: 5.28g (8.12%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 21.65g (7.87%), Sugar: 14.84g (16.49%), Cholesterol: 7.85mg (2.62%), Sodium: 92.42mg (4.02%), Alcohol: 0.58g (100%), Alcohol %: 1.76% (100%), Caffeine: 9.41mg (3.14%), Protein: 2.47g (4.94%), Manganese: 0.21mg (10.44%), Selenium: 6.61µg (9.44%), Copper: 0.16mg (8.14%), Iron: 1.14mg (6.31%), Fiber: 1.51g (6.04%), Magnesium: 22.99mg (5.75%), Vitamin B1: 0.08mg (5.01%), Vitamin B2: 0.08mg (4.73%), Phosphorus: 44.35mg (4.44%), Folate: 16.76µg (4.19%), Vitamin B3: 0.57mg (2.87%), Zinc: 0.42mg (2.78%), Potassium: 88.1mg (2.52%), Vitamin A: 107.39IU (2.15%), Vitamin B5: 0.18mg (1.81%), Vitamin E: 0.23mg (1.54%), Calcium: 13.46mg (1.35%)