



Jalapeno Walnut Brownies

READY IN



38 min.

SERVINGS



16

CALORIES



232 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 tablespoons jalapeno oil (I used Boyajian)
- ☐ 0.5 cup hershey's cocoa powder dark
- ☐ 1 cup chocolate chips dark
- ☐ 2 large eggs cold
- ☐ 3.4 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.4 teaspoon salt
- ☐ 3 ounces butter unsalted

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.7 cup walnuts toasted chopped

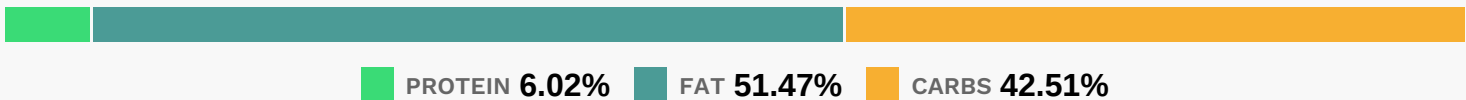
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square metal pan with nonstick foil.In a small saucepan, melt the butter over medium heat.
- ☐ Add the sugar, reduce heat slightly and stir for about a minute or until shiny and sugar has dissolved.
- ☐ Remove from heat and stir in the cocoa powder and jalapeno oil.
- ☐ Let mixture cool for about 10 minutes.While mixture cools, stir the flour, salt and baking powder together in a small bowl or measuring cup.In a mixing bowl, gently whisk (do not beat) together the eggs and vanilla. Stir the chocolate mixture into the egg mixture until blended, then stir in the flour mixture.
- ☐ Let the mixture cool slightly if it is still warm, then stir in the walnuts and the chocolate chips.
- ☐ Spread mixture in the pan and bake for about 28 minutes or until brownies appear set.
- ☐ Let cool completely. For a cleaner cut, chill before cutting.

Nutrition Facts



Properties

Glycemic Index:16.07, Glycemic Load:12.15, Inflammation Score:-3, Nutrition Score:5.080434764209%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg 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: 231.76kcal (11.59%), Fat: 13.83g (21.28%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 23.79g (8.65%), Sugar: 16.54g (18.38%), Cholesterol: 34.79mg (11.6%), Sodium: 90.17mg (3.92%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.64g (7.28%), Manganese: 0.33mg (16.46%), Copper: 0.22mg (10.75%), Fiber: 1.91g (7.65%), Selenium: 5.3µg (7.57%), Phosphorus: 73.67mg (7.37%), Magnesium: 27.39mg (6.85%), Iron: 1.07mg (5.95%), Zinc: 0.86mg (5.73%), Vitamin B2: 0.1mg (5.67%), Calcium: 55.5mg (5.55%), Folate: 22.12µg (5.53%), Vitamin B1: 0.08mg (5.34%), Vitamin E: 0.71mg (4.75%), Potassium: 150.38mg (4.3%), Vitamin A: 168.69IU (3.37%), Vitamin B3: 0.59mg (2.97%), Vitamin B6: 0.06mg (2.87%), Vitamin K: 2.72µg (2.59%), Vitamin B5: 0.25mg (2.47%), Vitamin B12: 0.1µg (1.6%), Vitamin D: 0.2µg (1.36%)