



Jamaican Coffee Brownies with Pecans

READY IN



45 min.

SERVINGS



15

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 6 tablespoons freshly jamaican mountain coffee blue brewed
- ☐ 30 strips crystallized ginger thin
- ☐ 3 large eggs
- ☐ 3 tablespoons ground jamaican mountain coffee beans blue finely
- ☐ 0.8 cup pecans
- ☐ 0.5 teaspoon salt
- ☐ 6 ounces semi chocolate chips
- ☐ 2 cups sugar

- ☐ 15 tablespoons butter unsalted (2 sticks minus 1 tablespoon)
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350°F. Spray 13x9x2-inch metal pan with nonstick spray.
- ☐ Combine sugar, butter, cocoa, ground coffee, and salt in large metal bowl.
- ☐ Place bowl over saucepan of simmering water and whisk until butter melts and ingredients are blended (texture will be grainy).
- ☐ Remove bowl from over water; cool mixture to lukewarm if necessary.
- ☐ Whisk in eggs and vanilla. Sift flour over and fold in.
- ☐ Mix in pecans.
- ☐ Spread batter in prepared pan.
- ☐ Bake brownies until tester inserted into center comes out clean, about 25 minutes. Cool brownies in pan.
- ☐ Place chocolate chips in small bowl. Bring brewed coffee to simmer in small saucepan; pour over chips and stir until melted and smooth.
- ☐ Let ganache stand until cool and beginning to thicken, about 1 hour; spread evenly over brownies. (Can be made 1 day ahead. Cover; let stand at room temperature.)
- ☐ Cut brownies into 15 squares. Top each with 2 ginger strips.

Nutrition Facts



 **PROTEIN 4.59%**  **FAT 49.05%**  **CARBS 46.36%**

Properties

Glycemic Index:10.34, Glycemic Load:24.39, Inflammation Score:-5, Nutrition Score:7.8556521382669%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 8.49mg, Epicatechin: 8.49mg, Epicatechin: 8.49mg, Epicatechin: 8.49mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 376.02kcal (18.8%), Fat: 21.35g (32.85%), Saturated Fat: 10.7g (66.89%), Carbohydrates: 45.41g (15.14%), Net Carbohydrates: 42.1g (15.31%), Sugar: 32.71g (36.34%), Cholesterol: 67.98mg (22.66%), Sodium: 96.23mg (4.18%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Caffeine: 24.01mg (8%), Protein: 4.5g (9%), Manganese: 0.64mg (31.92%), Copper: 0.4mg (19.83%), Fiber: 3.3g (13.21%), Magnesium: 52.01mg (13%), Selenium: 8.68µg (12.39%), Iron: 2.13mg (11.82%), Phosphorus: 110.75mg (11.08%), Vitamin B1: 0.13mg (8.69%), Vitamin A: 412.58IU (8.25%), Vitamin B2: 0.13mg (7.93%), Zinc: 1.06mg (7.06%), Folate: 26.88µg (6.72%), Potassium: 184.35mg (5.27%), Vitamin B3: 0.89mg (4.47%), Vitamin E: 0.58mg (3.89%), Vitamin B5: 0.32mg (3.21%), Calcium: 27.35mg (2.73%), Vitamin D: 0.41µg (2.73%), Vitamin B12: 0.13µg (2.22%), Vitamin B6: 0.04mg (2.13%), Vitamin K: 2.16µg (2.06%)