



## Jill's World-Famous Coffee Liqueur Brownies

 Vegetarian

READY IN



55 min.

SERVINGS



15

CALORIES



470 kcal

DESSERT

### Ingredients

- 1 cup butter
- 0.5 cup rum / brandy / coffee liqueur flavored
- 5 eggs
- 1.5 cups flour all-purpose
- 1 ounce chocolate unsweetened
- 1 tablespoon vanilla extract
- 2 cups walnuts chopped
- 3 cups sugar white

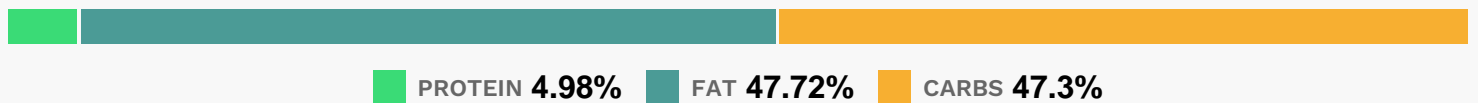
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- toothpicks

## Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking pan. In a heavy saucepan combine the butter and unsweetened chocolate. Cook over low heat, stirring constantly until smooth and well blended.
- Remove from heat and set aside.
- In a large bowl, beat eggs, sugar and vanilla until thick and pale. Stir in the chocolate mixture and coffee liqueur. Fold in the flour. Stir in chopped walnuts if desired.
- Spread evenly into the prepared pan.
- Bake for 30 to 35 minutes, or until a toothpick inserted in the center comes out almost clean. Be careful not to overbake. Cool for at least 30 minutes before cutting into bars and serving.

## Nutrition Facts



## Properties

Glycemic Index:14.34, Glycemic Load:35.05, Inflammation Score:-5, Nutrition Score:7.9034781715144%

## Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg

## Nutrients (% of daily need)

Calories: 469.95kcal (23.5%), Fat: 25.1g (38.62%), Saturated Fat: 9.83g (61.45%), Carbohydrates: 55.99g (18.66%), Net Carbohydrates: 54.29g (19.74%), Sugar: 44.23g (49.15%), Cholesterol: 87.1mg (29.03%), Sodium: 120.26mg (5.23%), Alcohol: 2.01g (100%), Alcohol %: 2.34% (100%), Protein: 5.89g (11.78%), Manganese: 0.7mg (35.21%), Copper: 0.34mg (17.06%), Selenium: 10.05µg (14.36%), Folate: 46.04µg (11.51%), Phosphorus: 107.76mg (10.78%), Vitamin B1: 0.16mg (10.72%), Vitamin B2: 0.17mg (9.86%), Vitamin A: 460.5IU (9.21%), Iron: 1.64mg (9.13%), Magnesium: 35.74mg (8.94%), Fiber: 1.7g (6.79%), Zinc: 0.96mg (6.4%), Vitamin B6: 0.12mg (5.77%), Vitamin B3: 0.96mg (4.8%), Vitamin E: 0.63mg (4.2%), Vitamin B5: 0.39mg (3.89%), Potassium: 123.81mg (3.54%), Calcium: 31.41mg (3.14%), Vitamin B12: 0.16µg (2.6%), Vitamin D: 0.29µg (1.96%), Vitamin K: 1.75µg (1.66%)