



Killer Hazelnut Brownie Bites

READY IN



70 min.

SERVINGS



25

CALORIES



165 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 stick butter softened
- ☐ 1 stick butter softened for greasing
- ☐ 0.3 cup cake flour
- ☐ 2 eggs
- ☐ 0.3 cup flour for dusting all-purpose
- ☐ 2 tablespoons grenadine syrup
- ☐ 0.3 cup hazelnuts chopped
- ☐ 2 cups powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 vanilla pod split
- ☐ 0.3 teaspoon vanilla extract

Equipment

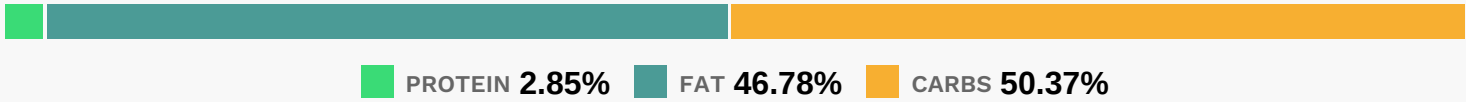
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Line an 8 by 8 inch baking pan with parchment paper. Lightly grease and flour.
- ☐ In a standing mixer with the paddle attachment, cream together butter, sugar, vanilla seeds and vanilla extract.
- ☐ Add eggs and mix until well incorporated.
- ☐ Mix together the dry ingredients and slowly add it to the egg mixture.
- ☐ Mix until well incorporated.
- ☐ Pour the batter into prepared pan and spread evenly, add hazelnuts to the top.
- ☐ Bake for 22 to 25 minutes until brownies are set and begin to pull away from the side.
- ☐ Remove from oven and let cool on wire rack. Once cooled, remove brownies from pan and cut into 1 1/2-inch squares for individual bites.
- ☐ In a large bowl, use an electric mixer to cream butter and slowly add the powdered sugar.

- ☐
- Add grenadine and mix until a frosting consistency is reached.
- ☐
- Place frosting in a piping bag and pipe onto individual brownie bites.

Nutrition Facts



Properties

Glycemic Index:17.96, Glycemic Load:2.38, Inflammation Score:-2, Nutrition Score:1.9365217203031%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 164.85kcal (8.24%), Fat: 8.8g (13.55%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 20.8g (7.56%), Sugar: 18.18g (20.2%), Cholesterol: 32.53mg (10.84%), Sodium: 91.72mg (3.99%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 1.21g (2.42%), Manganese: 0.16mg (7.77%), Vitamin A: 245.26IU (4.91%), Copper: 0.07mg (3.43%), Selenium: 2.32µg (3.31%), Vitamin E: 0.49mg (3.29%), Phosphorus: 23.68mg (2.37%), Fiber: 0.54g (2.15%), Magnesium: 8.33mg (2.08%), Iron: 0.37mg (2.05%), Vitamin B2: 0.03mg (1.88%), Folate: 6.71µg (1.68%), Vitamin B1: 0.02mg (1.58%), Zinc: 0.18mg (1.17%), Calcium: 10.96mg (1.1%), Potassium: 36.6mg (1.05%)