



Kir Jensen's Ultimate Brownie

 Vegetarian

READY IN



60 min.

SERVINGS



18

CALORIES



356 kcal

DESSERT

Ingredients

- 2 tablespoons crème fraîche sour
- 0.8 cup dutch-processed cocoa powder
- 4 large eggs at room temperature
- 1.3 cups flour all-purpose
- 0.3 cup granulated sugar
- 1.5 cups t brown sugar dark light packed
- 18 servings olive oil extra virgin (fruity with arbequina olives) extra-virgin
- 0.5 teaspoon sea salt fine

- 18 servings sea salt such as maldon
- 0.3 cup hot-brewed coffee
- 8 ounces butter unsalted at room temperature
- 1 teaspoon vanilla extract

Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack
- blender
- stand mixer
- spatula
- muffin liners

Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Place 18 paper cupcake liners into 2 (12-well) muffin pans (you will have empty wells).
- Whisk together the flour, cocoa powder, and salt in a medium bowl. Set aside.
- Place the butter in the bowl of a stand mixer fitted with a paddle attachment and beat on medium-high speed until fluffy, about 3 minutes. Using a rubber spatula, scrape down the sides of the bowl and the paddle. Return the mixer to medium-high speed, add the sugars, and mix until light in color and fluffy, about 2 minutes. Scrape down the sides of the bowl and the paddle. Return to medium-high speed, add the crème fraîche and vanilla, then add the eggs 1 at a time and mix until evenly combined. Scrape down the sides of the bowl and the paddle. Turn the mixer to low speed, add the flour-cocoa mixture, and mix until just combined.
- Remove the bowl from the mixer and stir the batter a few times to incorporate any remaining streaks of flour. Divide the batter evenly among the lined wells (they will be almost full).
- Place the coffee and sugar in a small saucepan and bring to a boil over high heat.

Let boil for about 1 minute, then remove from the heat. Set aside. To assemble: When the brownies are done baking, lightly brush them with the coffee syrup while they're still hot. (You will have some syrup left over.) Set the muffin pans on a wire rack and let them cool for at least 10 minutes, then remove the brownies from the pans to finish cooling on the rack. Once the brownies are cool, divide the ganache among them, placing it in the indentations of the brownies. Just before serving, drizzle each brownie with olive oil and sprinkle it with a pinch of the flaky sea salt.

Nutrition Facts

 **PROTEIN 3.5%**  **FAT 63.84%**  **CARBS 32.66%**

Properties

Glycemic Index: 8.06, Glycemic Load: 7.05, Inflammation Score: -4, Nutrition Score: 5.6204348340145%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 355.54kcal (17.78%), Fat: 26.13g (40.19%), Saturated Fat: 9.19g (57.44%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 28.49g (10.36%), Sugar: 20.77g (23.07%), Cholesterol: 69.21mg (23.07%), Sodium: 282.43mg (12.28%), Alcohol: 0.08g (100%), Alcohol %: 0.13% (100%), Caffeine: 9.56mg (3.19%), Protein: 3.22g (6.45%), Vitamin E: 2.44mg (16.26%), Manganese: 0.22mg (10.91%), Selenium: 7.48µg (10.68%), Vitamin K: 9.48µg (9.03%), Copper: 0.17mg (8.43%), Vitamin A: 383.18IU (7.66%), Iron: 1.34mg (7.44%), Vitamin B2: 0.11mg (6.76%), Phosphorus: 63.18mg (6.32%), Fiber: 1.58g (6.3%), Folate: 24.02µg (6.01%), Magnesium: 23.42mg (5.85%), Vitamin B1: 0.08mg (5.42%), Vitamin B3: 0.67mg (3.34%), Calcium: 32.2mg (3.22%), Potassium: 110.97mg (3.17%), Zinc: 0.48mg (3.17%), Vitamin D: 0.41µg (2.74%), Vitamin B5: 0.27mg (2.71%), Vitamin B12: 0.12µg (2.05%), Vitamin B6: 0.04mg (1.79%)