



WHATSheATE



Kitchen Sink Brownies

READY IN



240 min.

SERVINGS



24

CALORIES



397 kcal

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups butter melted
- ☐ 1.5 cups granulated sugar
- ☐ 1.5 cups brown sugar packed
- ☐ 4 eggs
- ☐ 0.3 cup roast chickens french brewed

- ☐ 2 teaspoons vanilla
- ☐ 1 cup crème-filled chocolate sandwich cookies chopped (10 cookies)
- ☐ 5.8 oz chocolate with almonds, unwrapped, chopped
- ☐ 0.5 cup chocolate chips dark
- ☐ 0.5 cup peppermint candies white
- ☐ 1 cup pecans toasted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Heat oven to 325°F. Line 13x9- inch pan with foil, leaving foil overhanging at 2 opposite sides of pan; spray foil with cooking spray.
- ☐ In small bowl, mix flour, cocoa, baking powder, baking soda and salt; set aside. In large bowl, beat butter, granulated sugar and brown sugar with electric mixer on medium speed until smooth.
- ☐ Add eggs, coffee and vanilla; beat just until blended. On low speed, beat in flour mixture until blended. Stir in remaining ingredients.
- ☐ Spread batter evenly in pan.
- ☐ Bake 55 to 58 minutes or until toothpick inserted 2 inches from edge of pan comes out almost clean. Cool completely in pan on cooling rack. Cover; refrigerate at least 2 hours. Use foil to lift out of pan.
- ☐ Cut into 6 rows by 4 rows.

Nutrition Facts



PROTEIN 4.45% **FAT 48.87%** **CARBS 46.68%**

Properties

Glycemic Index:14.15, Glycemic Load:14.69, Inflammation Score:-4, Nutrition Score:7.1100000641916%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 396.68kcal (19.83%), Fat: 22.63g (34.82%), Saturated Fat: 12.42g (77.65%), Carbohydrates: 48.64g (16.21%), Net Carbohydrates: 45.95g (16.71%), Sugar: 36.47g (40.53%), Cholesterol: 57.82mg (19.27%), Sodium: 186.1mg (8.09%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 13.1mg (4.37%), Protein: 4.64g (9.27%), Manganese: 0.49mg (24.6%), Copper: 0.29mg (14.32%), Iron: 2.32mg (12.89%), Fiber: 2.69g (10.74%), Selenium: 7.09µg (10.13%), Magnesium: 40.38mg (10.09%), Phosphorus: 93.94mg (9.39%), Vitamin B2: 0.14mg (8.22%), Vitamin B1: 0.12mg (8%), Vitamin A: 397.2IU (7.94%), Zinc: 1mg (6.7%), Folate: 25.51µg (6.38%), Calcium: 54.83mg (5.48%), Vitamin B3: 1.04mg (5.21%), Potassium: 182.27mg (5.21%), Vitamin E: 0.72mg (4.8%), Vitamin K: 3.83µg (3.65%), Vitamin B6: 0.07mg (3.36%), Vitamin B5: 0.3mg (2.97%), Vitamin B12: 0.14µg (2.39%)