



Kitchen Sink Brownies

READY IN



240 min.

SERVINGS



24

CALORIES



380 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 1.5 cups butter melted
- ☐ 1 cup crème-filled chocolate sandwich cookies chopped (10 cookies)
- ☐ 0.3 cup hot-brewed coffee french brewed
- ☐ 5.8 oz chocolate with almonds, unwrapped, chopped
- ☐ 0.5 cup chocolate chips dark
- ☐ 4 eggs

- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 1 cup pecans toasted
- ☐ 0.5 cup vanilla extract white
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla

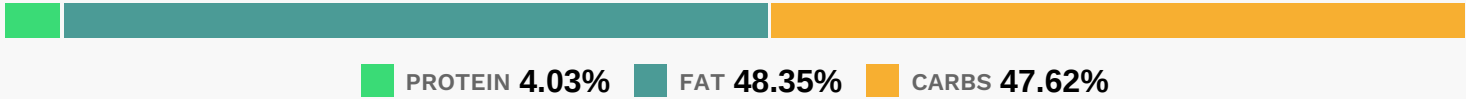
Equipment

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

Directions

- ☐ Heat oven to 325F. 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



Properties

Glycemic Index:14.15, Glycemic Load:14.69, Inflammation Score:-4, Nutrition Score:6.8926087235627%

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: 380kcal (19%), Fat: 20.88g (32.12%), Saturated Fat: 10.94g (68.4%), Carbohydrates: 46.26g (15.42%), Net Carbohydrates: 43.58g (15.85%), Sugar: 34.22g (38.02%), Cholesterol: 57.82mg (19.27%), Sodium: 182.42mg (7.93%), Alcohol: 1.61g (100%), Alcohol %: 2.3% (100%), Caffeine: 14.08mg (4.69%), Protein: 3.91g (7.83%), Manganese: 0.5mg (25.11%), Copper: 0.29mg (14.3%), Iron: 2.27mg (12.61%), Fiber: 2.69g (10.74%), Magnesium: 40.38mg (10.09%), Selenium: 6.7µg (9.57%), Phosphorus: 88.97mg (8.9%), Vitamin B2: 0.14mg (8.18%), Vitamin A: 397.2IU (7.94%), Vitamin B1: 0.12mg (7.79%), Folate: 25.56µg (6.39%), Zinc: 0.91mg (6.05%), Potassium: 180.85mg (5.17%), Vitamin E: 0.72mg (4.8%), Calcium: 47.87mg (4.79%), Vitamin B3: 0.9mg (4.51%), Vitamin K: 3.84µg (3.65%), Vitamin B5: 0.29mg (2.9%), Vitamin B6: 0.05mg (2.32%), Vitamin B12: 0.1µg (1.66%)