



Kitchen Sink Brownies

 Very Healthy

READY IN



80 min.

SERVINGS



1

CALORIES



9340 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups firmly brown sugar light packed
- ☐ 1.5 cups butter melted
- ☐ 0.3 cup roast coffee french brewed
- ☐ 5.8 oz milk chocolate candy bars with almonds, chopped (we tested with hershey's)
- ☐ 0.5 cup chocolate morsels dark with ghirardelli)
- ☐ 4 large eggs

- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 1 cup pecans toasted
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cocoa unsweetened
- ☐ 1 cup cream-filled chocolate sandwich cookies chopped (10 cookies)
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup chocolate morsels white

Equipment

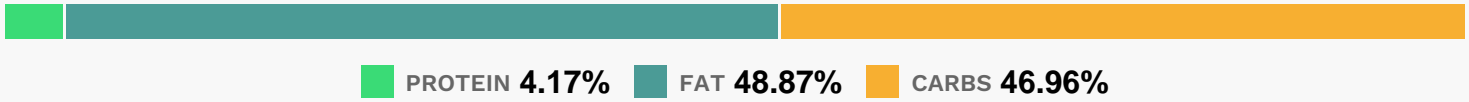
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Coat a 13" x 9" pan with cooking spray. Line pan with aluminum foil, allowing ends to hang over short sides of pan. Tuck overlapping ends under rim on short sides. Coat foil with cooking spray; set pan aside.
- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Beat butter and sugars at medium speed with an electric mixer until smooth; add eggs, coffee, and vanilla, beating just until blended.
- ☐ Add flour mixture; beat at medium speed until blended. Stir in sandwich cookie crumbs and remaining 4 ingredients.
- ☐ Spoon batter into prepared pan, spreading evenly.
- ☐ Bake at 325 for 55 to 58 minutes. Cool completely in pan on a wire rack. Cover and chill at least 2 hours.

- ☐
- Carefully invert brownies from pan using overlapping foil as handles; remove foil. Invert brownies again onto a cutting board.
- ☐
- Cut brownies into squares.
- ☐
- Note: We like this technique of lining a pan with foil before baking brownies. It sure makes cutting baked brownies neat and easy.

Nutrition Facts



Properties

Glycemic Index:409.69, Glycemic Load:389.65, Inflammation Score:-10, Nutrition Score:83.207391199858%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 63.64mg, Catechin: 63.64mg, Catechin: 63.64mg, Catechin: 63.64mg Epigallocatechin: 6.16mg, Epigallocatechin: 6.16mg, Epigallocatechin: 6.16mg, Epigallocatechin: 6.16mg Epicatechin: 169.85mg, Epicatechin: 169.85mg, Epicatechin: 169.85mg, Epicatechin: 169.85mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 9339.99kcal (467%), Fat: 532.19g (818.75%), Saturated Fat: 280.86g (1755.39%), Carbohydrates: 1150.63g (383.54%), Net Carbohydrates: 1086g (394.91%), Sugar: 861.35g (957.06%), Cholesterol: 1495.88mg (498.63%), Sodium: 4483.91mg (194.95%), Alcohol: 2.75g (100%), Alcohol %: 0.16% (100%), Caffeine: 338.02mg (112.67%), Protein: 102.15g (204.31%), Manganese: 11.83mg (591.34%), Copper: 6.86mg (343.1%), Iron: 54.99mg (305.49%), Fiber: 64.63g (258.54%), Selenium: 172.23µg (246.04%), Magnesium: 970.29mg (242.57%), Phosphorus: 2334.98mg (233.5%), Vitamin B2: 3.6mg (212%), Vitamin A: 9689.33IU (193.79%), Vitamin B1: 2.86mg (190.62%), Folate: 631.06µg (157.76%), Zinc: 22.64mg (150.92%), Calcium: 1329.93mg (132.99%), Potassium: 4477.08mg (127.92%), Vitamin E: 18.39mg (122.58%), Vitamin B3: 21.89mg (109.46%), Vitamin K: 100.34µg (95.56%), Vitamin B5: 7.83mg (78.29%), Vitamin B6: 1.18mg (58.8%), Vitamin B12: 3.11µg (51.91%), Vitamin D: 4µg (26.67%), Vitamin C: 2.1mg (2.54%)