



Layered Brownies with White-Chocolate Caramel and Cocoa Nib Gelato

READY IN



45 min.

SERVINGS



8

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 2.5 tablespoons flour
- ☐ 6 ounces bittersweet chocolate 54% 60% chopped (to cacao)
- ☐ 1.5 tablespoons butter unsalted diced room temperature
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 large eggs
- ☐ 0.8 teaspoon gelatin powder unflavored
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 1 cup pecans toasted

- ☐ 1 pinch salt
- ☐ 4.5 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons water divided
- ☐ 4 ounces chocolate white finely chopped (such as Lindt or Perugina)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula
- ☐ pastry brush

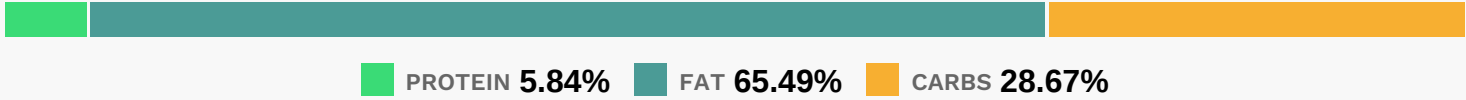
Directions

- ☐ Lightly butter bakingsheet. Stir sugar and 1/4 cup water in largenonstick skillet over medium heat untilsugar dissolves. Increase heat and boil untilsugar syrup is light golden, occasionallybrushing down sides of skillet with wetpastry brush, about 8 minutes.
- ☐ Addpecans and stir until syrup coats pecans,about 1 minute. Immediately pour pecansout onto prepared baking sheet; spreadin single layer with heatproof spatula.Cool completely. Coarsely chop nuts.DO AHEAD: Can be made 2 days ahead.Store airtight at room temperature.
- ☐ Preheat oven to 350°F.Line 8x8x2-inch metal baking pan withfoil. Butter foil.
- ☐ Combine 1/2 cup butter andbittersweet chocolate in heavy mediumsaucepan. Stir over medium-low heatuntil melted and smooth.

- ☐ Remove from heat; cool slightly.
- ☐ Whisk cocoa powder, flour, and salt in small bowl.
- ☐ Whisk sugar, eggs, and vanilla in medium bowl to blend.
- ☐ Pour butter mixture into sugar mixture; whisk until blended.
- ☐ Add cocoa mixture; whisk until blended.
- ☐ Transfer brownie batter to prepared baking pan; smooth top (layer will be thin).
- ☐ Bake brownie until tester inserted into center comes out with moist crumbs attached, 18 to 20 minutes. Allow brownie to cool slightly, then gently press down on edges to form flat, even layer. Cool completely in pan on rack.
- ☐ Spoon 1 tablespoon water into small bowl; sprinkle gelatin over and stir to blend.
- ☐ Let stand until gelatin softens, about 15 minutes.
- ☐ Meanwhile, combine remaining 2 tablespoons water, sugar, and pinch of salt in heavy small saucepan. Stir over medium heat until sugar dissolves. Increase heat and boil until syrup is deep amber, occasionally swirling pan and brushing down sides with wet pastry brush, about 8 minutes. Slowly add cream (mixture will bubble vigorously). Reduce heat to low. Stir to dissolve any caramel bits.
- ☐ Remove from heat; let cool 5 minutes.
- ☐ Add gelatin mixture; stir until gelatin dissolves.
- ☐ Add white chocolate; whisk until melted and smooth.
- ☐ Whisk in butter.
- ☐ Pour caramel atop cooled brownie; spread evenly to cover completely. Chill uncovered until caramel firms slightly, at least 8 hours or overnight.
- ☐ Bring cream to simmer in small saucepan.
- ☐ Remove from heat.
- ☐ Add chocolate; whisk until melted and smooth. Cool until mixture is slightly thickened but still pourable, about 15 minutes.
- ☐ Pour ganache atop caramel on brownie; spread just to edges.
- ☐ Sprinkle chopped candied pecans evenly over. Chill uncovered until ganache is firm enough to cut, about 4 hours. DO AHEAD: Can be made 2 days ahead. Cover and keep chilled.
- ☐ Using foil as aid, lift brownie out of pan; place on work surface. Fold foil sides down. Using sharp knife, trim off about 1/4 inch of brownie on all sides.

- ☐
- Cut brownie into eight3 1/2-inch-long, 13/4-inch-wide bars.
- ☐
- Place1 brownie bar and scoop of Cacao NibGelato on each of 8 plates and serve.

Nutrition Facts



Properties

Glycemic Index:28.14, Glycemic Load:11.91, Inflammation Score:-5, Nutrition Score:10.515217331441%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 431.77kcal (21.59%), Fat: 32.5g (49.99%), Saturated Fat: 14.72g (92.01%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 28.04g (10.2%), Sugar: 24.11g (26.79%), Cholesterol: 78.81mg (26.27%), Sodium: 44.84mg (1.95%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 24.47mg (8.16%), Protein: 6.52g (13.04%), Manganese: 0.96mg (48.19%), Copper: 0.55mg (27.44%), Magnesium: 71.13mg (17.78%), Phosphorus: 173.81mg (17.38%), Fiber: 3.97g (15.9%), Iron: 2.42mg (13.45%), Selenium: 8.72µg (12.46%), Zinc: 1.64mg (10.94%), Vitamin B2: 0.18mg (10.72%), Vitamin A: 446.46IU (8.93%), Vitamin B1: 0.13mg (8.47%), Potassium: 292.48mg (8.36%), Calcium: 75.04mg (7.5%), Vitamin E: 0.81mg (5.42%), Vitamin B5: 0.52mg (5.2%), Vitamin B12: 0.27µg (4.42%), Vitamin D: 0.61µg (4.04%), Vitamin K: 4.18µg (3.98%), Folate: 15.72µg (3.93%), Vitamin B6: 0.07mg (3.69%), Vitamin B3: 0.65mg (3.25%)