



Luck O' the Irish Brownie

 Popular

READY IN



95 min.

SERVINGS



15

CALORIES



553 kcal

DESSERT

Ingredients

- 6 tablespoons butter
- 4 cups confectioners' sugar
- 3 eggs
- 1 cup flour all-purpose
- 6 drops food coloring green
- 1 cup butter softened
- 1.5 teaspoons peppermint extract
- 1.3 cups semi chocolate chips

- 4 ounce chocolate unsweetened
- 1 tablespoon vanilla extract
- 2 cups sugar white

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- hand mixer
- microwave

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- Melt the unsweetened chocolate in a cup or small bowl in the microwave. Stir at 15 second intervals until chocolate is smooth. Allow to cool slightly.
- Transfer to a large bowl, and stir in the margarine and sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Stir in the flour just until blended.
- Pour the batter into the prepared dish and spread evenly.
- Bake in the preheated oven until the surface appears dry and the sides are beginning to pull away from the edges of the pan, 20 to 25 minutes. The brownies may look more like cake and may jiggle slightly in the center- this is normal.
- Remove from the oven and cool in the pan set over a wire rack.
- To make the middle layer, beat 1/2 cup of butter with confectioners' sugar in a large bowl using an electric mixer.
- Add milk as needed to get a spreadable consistency. Stir in the peppermint extract and green food coloring.
- Spread this over the cooled pan of brownies. Refrigerate for 30 minutes

- In a microwave-safe bowl, microwave chocolate chips with the butter until melted. Stir every 20 seconds until chocolate is smooth. Stir in vanilla and then pour over the chilled brownies and quickly spread to cover the surface. Cool again until firm, about 10 minutes, then cut into squares and serve.

Nutrition Facts

PROTEIN 2.88% **FAT 43.9%** **CARBS 53.22%**

Properties

Glycemic Index:13.01, Glycemic Load:23.22, Inflammation Score:-6, Nutrition Score:8.0286956989895%

Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg

Nutrients (% of daily need)

Calories: 553.19kcal (27.66%), Fat: 27.81g (42.79%), Saturated Fat: 11.66g (72.91%), Carbohydrates: 75.86g (25.29%), Net Carbohydrates: 73.1g (26.58%), Sugar: 64.07g (71.19%), Cholesterol: 45.74mg (15.25%), Sodium: 195.81mg (8.51%), Alcohol: 0.44g (100%), Alcohol %: 0.45% (100%), Caffeine: 19.81mg (6.6%), Protein: 4.11g (8.22%), Manganese: 0.59mg (29.58%), Copper: 0.47mg (23.37%), Iron: 2.9mg (16.12%), Vitamin A: 736.78IU (14.74%), Magnesium: 56.49mg (14.12%), Selenium: 7.89µg (11.27%), Fiber: 2.76g (11.04%), Phosphorus: 103.16mg (10.32%), Zinc: 1.34mg (8.91%), Vitamin B2: 0.12mg (6.86%), Vitamin B1: 0.09mg (5.81%), Vitamin E: 0.82mg (5.47%), Folate: 21.82µg (5.46%), Potassium: 185.28mg (5.29%), Vitamin B3: 0.75mg (3.73%), Calcium: 30.34mg (3.03%), Vitamin B5: 0.25mg (2.51%), Vitamin K: 2.33µg (2.22%), Vitamin B12: 0.13µg (2.2%), Vitamin B6: 0.03mg (1.4%), Vitamin D: 0.18µg (1.17%)