



Made-Over Deep Dish Brownies

READY IN



125 min.

SERVINGS



16

CALORIES



161 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 2 tablespoons canola neutral
- 0.3 cup cocoa powder
- 1 tablespoon hot-brewed coffee cold brewed
- 0.8 cup brown sugar dark packed
- 2 large eggs cold
- 0.8 cup flour all-purpose
- 0.5 teaspoon salt fine
- 4 ounces bittersweet chocolate coarsely chopped

- 3 tablespoons butter unsalted
- 2 teaspoons vanilla extract pure
- 0.3 cup sugar white

Equipment

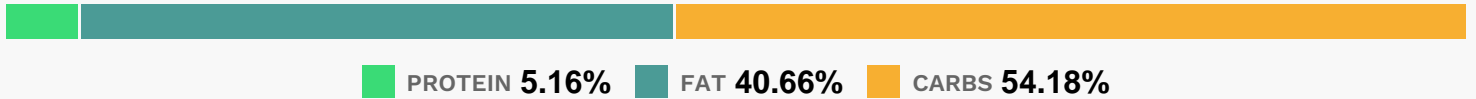
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- baking pan
- toothpicks
- wooden spoon
- aluminum foil
- microwave
- glass baking pan

Directions

- Position rack in the lower third of the oven and heat oven to 325 degrees F. Use an 8 by 8 silicon baking pan or line a similar sized metal or glass baking dish with foil or parchment paper so it hangs over the edges by about 1 inch. Spray the prepared pan completely.
- Put the butter, oil and chocolate in a microwave-safe bowl, and heat at 75 percent power for 2 minutes. Stir, and microwave again until completely melted, about 2 minutes more. (Alternatively put the chocolate and butter in a heatproof bowl. Bring a saucepan filled with 1 inch or so of water to a very slow simmer; set the bowl over, not touching, the water, and stir occasionally until melted and smooth.)
- Stir the brown and white sugars, vanilla and salt into the chocolate mixture with a wooden spoon.
- Add the eggs and coffee and beat vigorously until fully incorporated and the batter is thick and glossy.
- Add the cocoa, flour and baking soda and stir just until it disappears.

- Pour the batter into the pan and bake until the top is crispy and a toothpick inserted into the middle comes out with a few crumbs, about 30 minutes (40 minutes if not using silicon).
- Cool the brownies in the pan on the counter. Lift brownies out of the pan by the foil, if needed. Peel off the foil and cut into 2-inch squares.
- Serve. Store extra brownies in a tightly sealed container at room temperature for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:5.42, Inflammation Score:-2, Nutrition Score:3.4243478049403%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 161.32kcal (8.07%), Fat: 7.44g (11.45%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 22.3g (7.43%), Net Carbohydrates: 21.08g (7.67%), Sugar: 15.85g (17.61%), Cholesterol: 29.32mg (9.77%), Sodium: 103.03mg (4.48%), Alcohol: 0.17g (100%), Alcohol %: 0.54% (100%), Caffeine: 9.56mg (3.19%), Protein: 2.13g (4.25%), Manganese: 0.2mg (9.78%), Copper: 0.16mg (7.91%), Selenium: 4.86µg (6.95%), Iron: 1.09mg (6.07%), Magnesium: 22.29mg (5.57%), Fiber: 1.22g (4.89%), Phosphorus: 48.09mg (4.81%), Vitamin B2: 0.07mg (3.93%), Folate: 14.29µg (3.57%), Vitamin B1: 0.05mg (3.48%), Vitamin E: 0.48mg (3.2%), Zinc: 0.41mg (2.72%), Potassium: 91.12mg (2.6%), Vitamin B3: 0.46mg (2.28%), Vitamin A: 102.89IU (2.06%), Calcium: 19.83mg (1.98%), Vitamin K: 2.01µg (1.92%), Vitamin B5: 0.17mg (1.65%), Vitamin B12: 0.07µg (1.21%), Vitamin D: 0.16µg (1.1%), Vitamin B6: 0.02mg (1.08%)