



food
network

Mexican Brownies

 Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



350 kcal

DESSERT

Ingredients

- 1 cup canola oil
- 1 tablespoon chili powder
- 0.3 cup cocoa powder
- 4 large eggs
- 1.5 cups flour all-purpose
- 1 tablespoon powdered sugar for garnish
- 1 teaspoon pumpkin pie spice
- 1.5 cups semi chocolate chips

- 1.5 cups sugar
- 0.5 teaspoon vanilla extract

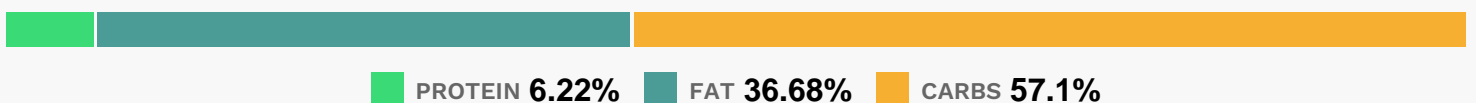
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- hand mixer
- toothpicks

Directions

- Preheat the oven to 350 degrees F. Spray a 13 by 9-inch baking pan with cooking spray. Put a medium glass bowl over a pot of simmering water.
- Add the chocolate chips and 1 tablespoon canola oil. Stir frequently until the chocolate melts, then remove from the heat and let cool a bit.
- In a large bowl add the sugar, eggs, and vanilla.
- Mix until well combined and the sugar has dissolved, about 2 minutes. Sift together the flour, cocoa powder, pumpkin pie spice and chili powder.
- Add to the egg mixture and stir well until everything is combined.
- Add the remaining oil and mix with an electric hand mixer until smooth. Stir in the melted chocolate and mix well.
- Pour into the prepared pan and bake until a toothpick comes out clean when inserted into the brownie, about 30 to 35 minutes. Cool and dust with powdered sugar before serving.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:26.08, Inflammation Score:-5, Nutrition Score:8.7717390703442%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 349.84kcal (17.49%), Fat: 14.53g (22.36%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 50.91g (16.97%), Net Carbohydrates: 47.77g (17.37%), Sugar: 34.08g (37.87%), Cholesterol: 63.35mg (21.12%), Sodium: 37.9mg (1.65%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Caffeine: 23.47mg (7.82%), Protein: 5.54g (11.08%), Manganese: 0.52mg (25.86%), Copper: 0.39mg (19.63%), Selenium: 12.87µg (18.38%), Iron: 2.85mg (15.83%), Magnesium: 55.22mg (13.8%), Fiber: 3.14g (12.57%), Phosphorus: 123.73mg (12.37%), Vitamin B2: 0.18mg (10.6%), Vitamin B1: 0.14mg (9.32%), Folate: 37.23µg (9.31%), Vitamin E: 1.23mg (8.2%), Zinc: 1.08mg (7.19%), Vitamin B3: 1.24mg (6.22%), Vitamin A: 299.35IU (5.99%), Potassium: 209.39mg (5.98%), Vitamin K: 5.18µg (4.93%), Vitamin B5: 0.4mg (4.02%), Vitamin B12: 0.19µg (3.15%), Calcium: 31.53mg (3.15%), Vitamin B6: 0.06mg (2.98%), Vitamin D: 0.33µg (2.22%)