

eipi

Mexican Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



331 kcal

DESSERT

Ingredients

- 0.8 cup flour
- 0.5 cup almonds sliced
- 3 large eggs
- 1 cup brown sugar packed ()
- 1.3 cups brown sugar packed ()
- 1 tablespoon ground cinnamon
- 6 ounces milk chocolate chips
- 0.3 teaspoon salt
- 0.5 cup butter unsalted (1 stick)

- 1 tablespoon butter unsalted
- 4 ounces baker's chocolate unsweetened chopped
- 0.8 tablespoon vanilla extract
- 1 teaspoon vanilla extract
- 0.3 cup whipping cream

Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Preheat oven to 325F. Line 8-inch square baking pan with foil, extending foil over sides. Stir unsweetened chocolate and butter in heavy large saucepan over low heat until melted and smooth. Cool 5 minutes.
- Whisk in sugar, cinnamon, and salt.
- Whisk in eggs, 1 at a time, then vanilla. Continue to whisk until batter is smooth, about 2 minutes.
- Add flour and whisk just until blended. Stir in chocolate chips.
- Pour batter into prepared pan, smoothing surface.
- Bake until tester inserted into center comes out with a few moist crumbs attached, about 35 minutes. Cool completely in pan on rack.
- Whisk sugar, cream and butter in heavy small saucepan over low heat until mixture is smooth and comes to boil.
- Remove from heat; mix in vanilla. Cool 10 minutes.
- Whisk until thick enough to spread.
- Spread over brownie.

- Sprinkle with almonds.
- Let stand until topping sets, about 1 hour. (Can be made 1 day ahead. Cover and keep chilled.)
- Using foil as aid, lift brownie from pan.
- Cut brownie into 16 squares.
- Serve cold or at room temperature.

Nutrition Facts

PROTEIN 4.08% **FAT 43.94%** **CARBS 51.98%**

Properties

Glycemic Index:5.63, Glycemic Load:3.27, Inflammation Score:-4, Nutrition Score:6.3426087130995%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 4.6mg, Catechin: 4.6mg, Catechin: 4.6mg, Catechin: 4.6mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 10.07mg, Epicatechin: 10.07mg, Epicatechin: 10.07mg, Epicatechin: 10.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 331.1kcal (16.55%), Fat: 16.94g (26.06%), Saturated Fat: 9.55g (59.71%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 43.12g (15.68%), Sugar: 36.56g (40.62%), Cholesterol: 56.21mg (18.74%), Sodium: 62.17mg (2.7%), Alcohol: 0.3g (100%), Alcohol %: 0.47% (100%), Caffeine: 5.67mg (1.89%), Protein: 3.54g (7.08%), Manganese: 0.51mg (25.66%), Copper: 0.29mg (14.63%), Iron: 2.04mg (11.35%), Magnesium: 36.96mg (9.24%), Selenium: 6.13µg (8.76%), Fiber: 1.96g (7.84%), Vitamin E: 1.1mg (7.31%), Phosphorus: 72.75mg (7.27%), Vitamin B2: 0.12mg (7.2%), Zinc: 0.97mg (6.46%), Calcium: 63.79mg (6.38%), Vitamin A: 305.93IU (6.12%), Potassium: 179.51mg (5.13%), Folate: 19.11µg (4.78%), Vitamin B1: 0.07mg (4.49%), Vitamin B3: 0.6mg (3.02%), Vitamin B5: 0.26mg (2.56%), Vitamin D: 0.37µg (2.44%), Vitamin B6: 0.04mg (1.98%), Vitamin B12: 0.1µg (1.72%), Vitamin K: 1.57µg (1.49%)