



Mexican Brownies with Apricot-Ancho Filling and Dark Chocolate Ganache

 Vegetarian

READY IN



95 min.

SERVINGS



16

CALORIES



347 kcal

DESSERT

Ingredients

- 2 teaspoons ancho chili powder
- 1.5 cups apricot dried
- 0.5 cup baker's chocolate chopped
- 1 box brownie mix dark
- 0.3 teaspoon ground cinnamon
- 1 teaspoon ground cinnamon
- 2 tablespoons sugar

- 0.8 cup water
- 16 servings vegetable oil for on brownie mix box
- 0.5 cup whipping cream

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- muffin liners

Directions

- In 2-quart saucepan, heat Apricot Filling ingredients to boiling, stirring constantly; reduce heat. Simmer uncovered about 10 minutes, stirring occasionally, until thickened. Cool slightly. In food processor bowl with metal blade, place mixture. Cover; process until smooth. Set aside.
- Heat oven to 350F.
- Place paper baking cup in each of 16 regular-size muffin cups.
- In medium bowl, stir Brownie ingredients until well blended. Spoon about 2 tablespoons brownie batter into each muffin cup. Drop 1 tablespoon filling over brownie batter in each cup. Top each with additional 2 to 3 tablespoons batter.
- Bake 20 to 24 minutes or until tops are dry; cool 10 minutes.
- Remove from pan; cool completely, about 30 minutes.
- In 1-quart saucepan, heat whipping cream over medium-low heat until hot.
- Remove from heat; stir in chocolate and 1/4 teaspoon cinnamon until melted and smooth.
- Let stand 15 minutes to thicken. Carefully pour chocolate mixture onto top of each brownie.

Nutrition Facts



■ PROTEIN 3.04% ■ FAT 57.13% ■ CARBS 39.83%

Properties

Glycemic Index:7.09, Glycemic Load:3.3, Inflammation Score:-5, Nutrition Score:5.1013043976348%

Flavonoids

Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epicatechin: 5.85mg, Epicatechin: 5.85mg, Epicatechin: 5.85mg, Epicatechin: 5.85mg

Nutrients (% of daily need)

Calories: 346.52kcal (17.33%), Fat: 22.8g (35.08%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 35.77g (11.92%), Net Carbohydrates: 34.03g (12.37%), Sugar: 24.09g (26.77%), Cholesterol: 8.4mg (2.8%), Sodium: 101.98mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.3mg (1.1%), Protein: 2.73g (5.45%), Vitamin K: 27.07µg (25.79%), Vitamin A: 623.15IU (12.46%), Vitamin E: 1.86mg (12.38%), Manganese: 0.23mg (11.61%), Iron: 2mg (11.14%), Copper: 0.18mg (9.04%), Fiber: 1.74g (6.98%), Potassium: 188.26mg (5.38%), Magnesium: 18.49mg (4.62%), Zinc: 0.48mg (3.18%), Phosphorus: 30.32mg (3.03%), Vitamin B3: 0.41mg (2.04%), Calcium: 18.52mg (1.85%), Vitamin B2: 0.03mg (1.75%), Vitamin B6: 0.03mg (1.33%), Selenium: 0.89µg (1.27%)