



WHATSHEATE



Mexican Chipotle Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



213 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon chipotle powder
- ☐ 1 cup extra chocolate morsels dark
- ☐ 0.8 teaspoon cinnamon
- ☐ 2 teaspoons cinnamon sugar
- ☐ 2 tablespoons hot-brewed coffee brewed
- ☐ 2 large eggs
- ☐ 2.3 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.1 teaspoon nutmeg freshly ground

- ☐ 2 tablespoons pecans chopped
- ☐ 0.4 teaspoon salt salted (omit if using butter)
- ☐ 4 ounces butter unsalted
- ☐ 2 ounces chocolate unsweetened chopped
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil
- ☐ microwave

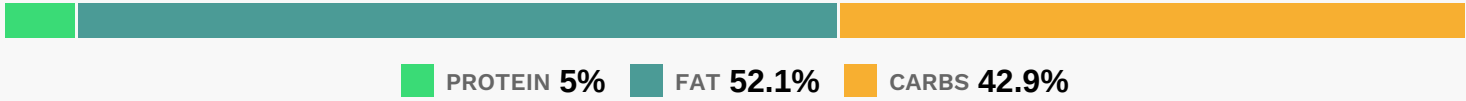
Directions

- ☐ Preheat the oven to 375F. Line an 8 inch square metal pan with nonstick foil.
- ☐ Mix together the flour, cinnamon, chipotle powder and nutmeg. Set aside.Melt the butter in a small saucepan or in a microwave-safe bowl.
- ☐ Add the salt, chocolate and coffee Reduce heat to low, and stir until melted.
- ☐ Remove from heat and allow it to cool slightly.In a mixing bowl, beat eggs on high speed of an electric mixer. Gradually add sugar and vanilla, beating 3 minutes or until thick and pale.
- ☐ Add chocolate mixture, beating until blended. Gradually add flour, beating at low speed just until blended. Stir in chocolate morsels.
- ☐ Pour into the pan and sprinkle pecans over the top.
- ☐ Bake on center rack at at 375° for 30 minutes.
- ☐ Remove from the oven and sprinkle hot brownies with cinnamon sugar. Set the brownie pan in a in a roasting pan filled half way with ice water (it should come about 2/3 of the way up the

sides of the brownie pan, let sit for 15 minutes to quick-cool, then transfer to refrigerator and chill for another hour or two or until very cold. Lift foil with brownies out of pan.

☐ Cut brownies into squares.

Nutrition Facts



Properties

Glycemic Index:21.89, Glycemic Load:11.29, Inflammation Score:-3, Nutrition Score:4.1582608624645%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 213.34kcal (10.67%), Fat: 12.83g (19.74%), Saturated Fat: 8.4g (52.48%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 22.43g (8.15%), Sugar: 16.96g (18.85%), Cholesterol: 38.85mg (12.95%), Sodium: 25.62mg (1.11%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Caffeine: 3.57mg (1.19%), Protein: 2.77g (5.55%), Manganese: 0.27mg (13.45%), Copper: 0.16mg (8.21%), Iron: 1.13mg (6.25%), Selenium: 4.37µg (6.24%), Zinc: 0.92mg (6.13%), Fiber: 1.34g (5.36%), Phosphorus: 50.75mg (5.08%), Vitamin A: 252.97IU (5.06%), Magnesium: 19.26mg (4.82%), Vitamin B2: 0.08mg (4.77%), Calcium: 45.93mg (4.59%), Vitamin B1: 0.06mg (3.97%), Potassium: 124.62mg (3.56%), Folate: 14.17µg (3.54%), Vitamin E: 0.49mg (3.29%), Vitamin B5: 0.23mg (2.28%), Vitamin B3: 0.44mg (2.21%), Vitamin K: 1.95µg (1.86%), Vitamin B6: 0.03mg (1.68%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.23µg (1.54%)