



## Mexican Chocolate Brownies

READY IN



45 min.

SERVINGS



8

CALORIES



361 kcal

DESSERT

### Ingredients

- 3 ounces bittersweet chocolate unsweetened chopped (not )
- 0.5 cup blanched almonds and whole cooled toasted
- 0.5 teaspoon cinnamon
- 2 large eggs
- 0.5 cup flour all-purpose
- 0.5 teaspoon salt
- 1 cup sugar
- 6 tablespoons butter unsalted cut into pieces
- 2 ounces baker's chocolate unsweetened chopped

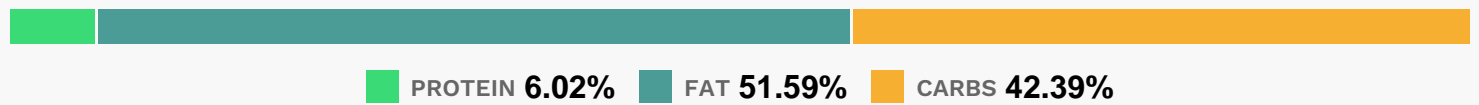
## Equipment

- food processor
- frying pan
- sauce pan
- oven
- baking pan
- wooden spoon
- wax paper

## Directions

- Preheat oven to 350F. and butter and flour a 9-inch square baking pan, knocking out excess flour.
- In a heavy 1 1/2-quart saucepan melt butter and chocolate over low heat, stirring, until smooth and remove pan from heat. Cool chocolate mixture 10 minutes.
- In a food processor process sugar and almonds until ground fine. Stir almond mixture into chocolate mixture and add eggs, 1 at a time, beating well with a wooden spoon until mixture is glossy and smooth. Stir in flour, salt, and cinnamon until just combined.
- Spread batter evenly in pan and bake in middle of oven 25 to 30 minutes, or until a tester comes out with crumbs adhering to it. Cool brownies completely in pan on a rack before cutting into 16 squares. Brownies keep, layered between sheets of wax paper in an airtight container at cool room temperature, 5 days.

## Nutrition Facts



## Properties

Glycemic Index:18.76, Glycemic Load:21.77, Inflammation Score:-5, Nutrition Score:9.0304347228907%

## Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

## Nutrients (% of daily need)

Calories: 361.31kcal (18.07%), Fat: 21.75g (33.46%), Saturated Fat: 10.74g (67.13%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 37.13g (13.5%), Sugar: 29.36g (32.62%), Cholesterol: 69.71mg (23.24%), Sodium: 168.91mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.81mg (4.94%), Protein: 5.71g (11.43%), Manganese: 0.66mg (33%), Copper: 0.47mg (23.31%), Magnesium: 66.33mg (16.58%), Vitamin E: 2.33mg (15.53%), Iron: 2.77mg (15.38%), Phosphorus: 129.36mg (12.94%), Fiber: 3.08g (12.31%), Selenium: 8.46µg (12.09%), Vitamin B2: 0.17mg (10.11%), Zinc: 1.43mg (9.51%), Vitamin A: 336.13IU (6.72%), Folate: 26.31µg (6.58%), Vitamin B1: 0.1mg (6.37%), Potassium: 199.79mg (5.71%), Vitamin B3: 0.94mg (4.68%), Calcium: 44.47mg (4.45%), Vitamin B5: 0.31mg (3.06%), Vitamin D: 0.41µg (2.72%), Vitamin B12: 0.15µg (2.47%), Vitamin K: 2.29µg (2.18%), Vitamin B6: 0.04mg (1.99%)