



Mexican Chocolate Brownies

READY IN



45 min.

SERVINGS



9

CALORIES



301 kcal

DESSERT

Ingredients

- 0.8 cup firmly brown sugar packed
- 0.3 lb butter
- 2 tablets mexican chocolate chopped (see notes)
- 2 large eggs
- 0.5 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 cup pinenuts toasted (see notes)
- 1 ounce chocolate unsweetened chopped
- 1 teaspoon vanilla

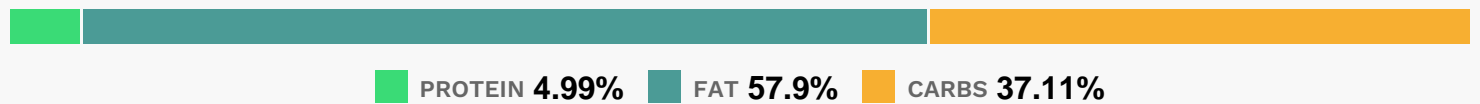
Equipment

- frying pan
- oven
- knife
- baking pan

Directions

- In a 2- to 3-quart pan over low heat, frequently stir butter, unsweetened chocolate, and Mexican chocolate until melted and smooth.
- Remove from heat and stir in brown sugar, eggs, cinnamon, vanilla, flour, and pine nuts until well blended.
- Spread batter evenly in a buttered and floured 8-inch square baking pan.
- Bake in a 350 oven until edges feel firm to touch and begin to turn a shade darker, 25 to 30 minutes.
- Run a knife between pan rim and brownie.
- Let cool in pan on a rack, about 1 hour.
- Cut into 9 or 16 squares.

Nutrition Facts



Properties

Glycemic Index:19.18, Glycemic Load:5.29, Inflammation Score:-4, Nutrition Score:7.4056522878616%

Flavonoids

Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg

Nutrients (% of daily need)

Calories: 300.53kcal (15.03%), Fat: 20.25g (31.15%), Saturated Fat: 9.47g (59.2%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 27.81g (10.11%), Sugar: 21.41g (23.79%), Cholesterol: 68.42mg (22.81%), Sodium: 104.02mg (4.52%), Alcohol: 0.15g (100%), Alcohol %: 0.29% (100%), Caffeine: 6.63mg (2.21%), Protein: 3.93g (7.86%),

Manganese: 0.9mg (45.24%), Copper: 0.26mg (13.19%), Magnesium: 41.04mg (10.26%), Iron: 1.79mg (9.97%), Phosphorus: 98.23mg (9.82%), Selenium: 6.6µg (9.42%), Vitamin E: 1.14mg (7.63%), Vitamin A: 377.37IU (7.55%), Vitamin B2: 0.12mg (7.35%), Zinc: 1.09mg (7.28%), Vitamin B1: 0.09mg (6.19%), Fiber: 1.39g (5.56%), Folate: 22.12µg (5.53%), Vitamin K: 5.71µg (5.44%), Vitamin B3: 0.86mg (4.3%), Potassium: 140.27mg (4.01%), Calcium: 32.54mg (3.25%), Vitamin B5: 0.27mg (2.73%), Vitamin B6: 0.04mg (2.04%), Vitamin B12: 0.12µg (2.01%), Vitamin D: 0.22µg (1.48%)