



Mexican Chocolate Streusel Brownies

READY IN



45 min.

SERVINGS



32

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons almond extract
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.5 cups brown sugar packed
- ☐ 0.8 cup butter cut into chunks
- ☐ 32 servings chocolate
- ☐ 5 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.3 teaspoon salt
- ☐ 2 cups baker's chocolate unsweetened finely chopped
- ☐ 1.5 tablespoons vanilla

Equipment

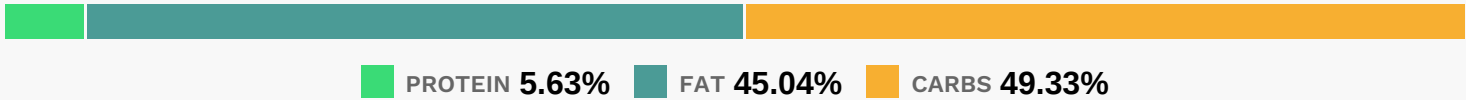
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ skewers

Directions

- ☐ In a large bowl set over a pan of barely simmering water, stir butter and unsweetened chocolate until melted and smooth.
- ☐ Remove from heat and whisk in brown sugar and granulated sugar.
- ☐ Add eggs one at a time, whisking well after each addition.
- ☐ Whisk in vanilla and almond extract. Stir in flour, cinnamon, baking powder, and salt until well blended.
- ☐ Spread batter level in a buttered and floured 9- by 13-inch baking pan. Squeeze handfuls of Mexican chocolate streusel until it sticks together, then crumble into chunks evenly over surface of batter.
- ☐ Bake brownies in a 325 oven until a wooden skewer inserted in the center comes out with moist crumbs attached, 30 to 35 minutes.
- ☐ Let cool in pan on a rack for at least 20 minutes, then cut into 24 or 32 squares (if making up to 1 day ahead, cool completely, then wrap uncut brownies airtight).
- ☐ Mexican chocolate streusel. In a food processor or a bowl, whirl or stir 1/2 cup all-purpose flour and 1/4 cup firmly packed brown sugar until well blended.

Add 5 tablespoons butter and whirl or rub in with your fingers until mixture forms coarse crumbs. Pulse in 4 1/2 ounces (about 1 1/2 tablets) coarsely chopped Mexican chocolate (some larger chunks will remain), or chop finely with a knife and stir into flour mixture. Use immediately or chill airtight for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:10.46, Glycemic Load:7.85, Inflammation Score:-3, Nutrition Score:4.9439130451368%

Flavonoids

Catechin: 5.31mg, Catechin: 5.31mg, Catechin: 5.31mg, Catechin: 5.31mg Epicatechin: 11.7mg, Epicatechin: 11.7mg, Epicatechin: 11.7mg, Epicatechin: 11.7mg

Nutrients (% of daily need)

Calories: 182.86kcal (9.14%), Fat: 9.79g (15.07%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 22.5g (8.18%), Sugar: 16.98g (18.87%), Cholesterol: 40.5mg (13.5%), Sodium: 75.38mg (3.28%), Alcohol: 0.27g (100%), Alcohol %: 0.76% (100%), Caffeine: 7.26mg (2.42%), Protein: 2.75g (5.51%), Manganese: 0.42mg (20.8%), Copper: 0.29mg (14.64%), Iron: 1.96mg (10.92%), Magnesium: 31.54mg (7.88%), Selenium: 5.3µg (7.57%), Fiber: 1.63g (6.53%), Zinc: 0.96mg (6.42%), Phosphorus: 59.43mg (5.94%), Vitamin B2: 0.08mg (4.65%), Folate: 17µg (4.25%), Vitamin B1: 0.06mg (4.12%), Vitamin A: 175.42IU (3.51%), Potassium: 105.14mg (3%), Calcium: 28.44mg (2.84%), Vitamin B3: 0.49mg (2.44%), Vitamin B5: 0.18mg (1.8%), Vitamin E: 0.25mg (1.65%), Vitamin B12: 0.08µg (1.31%), Vitamin K: 1.31µg (1.24%), Vitamin B6: 0.02mg (1.16%), Vitamin D: 0.16µg (1.04%)