



## Mexican Rhubarb Chocolate Chunk Brownies

READY IN



70 min.

SERVINGS



12

CALORIES



313 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 ounces bittersweet chocolate
- 1 tablespoon new mexico chile powder (not chili powder)
- 1 teaspoon rum dark
- 2 large eggs room temperature
- 0.8 cup flour all-purpose
- 1.5 cups granulated sugar
- 2 tablespoons granulated sugar
- 1 teaspoon ground cinnamon

- 0.5 teaspoon kosher salt
- 1 cup rhubarb cut in 1/2-inch slices
- 2 ounces semi chocolate chips
- 0.5 cup butter unsalted room temperature (1 stick)
- 2 ounces chocolate unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup walnuts chopped
- 0.3 cup water

## Equipment

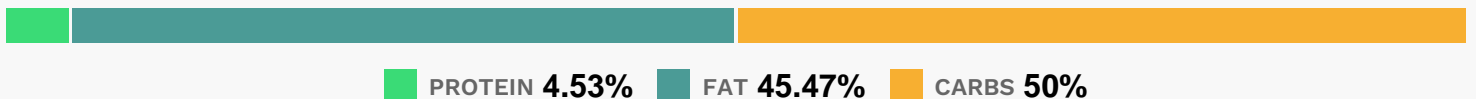
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- blender
- double boiler
- toothpicks
- stand mixer
- microwave
- spatula
- glass baking pan

## Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- To make the rhubarb compote: In a small saucepan over medium heat, bring rhubarb, water and sugar to a boil. When sugar is dissolved, lower heat to a simmer and cook until rhubarb is soft, about 10 minutes.

- Remove from heat and cool slightly. Puree in a blender until smooth, if necessary. The rhubarb should break down to a smooth compote.
- To make the brownie batter: In a medium bowl, sift together flour, baking powder, Chile powder, cinnamon and salt. Set aside. In a clean microwavable glass bowl, melt bittersweet and unsweetened chocolate together in the microwave at 50 percent power or in a double boiler. Set aside.
- In a stand mixer, cream butter and sugar on medium speed.
- Add the eggs, 1 at a time, combining well.
- Add in the vanilla and rum. Stir the rhubarb into the chocolate mixture, then add to the batter.
- Mix until combined.
- Add the flour mixture and mix just until incorporated. Scrape down the sides with a rubber spatula and gently fold in the semisweet chocolate and walnuts. Do not over mix. Spray an 8 by 8 by 2-inch clear glass baking dish with shortening spray. Line bottom with parchment paper, then spray parchment.
- Pour batter into the prepared pan and smooth out top.
- Bake until a toothpick inserted in the center comes out clean, about 35 to 40 minutes.
- Remove from the oven and set aside to cool.
- Cut into squares and serve.

## Nutrition Facts



## Properties

Glycemic Index:30.02, Glycemic Load:23.28, Inflammation Score:-5, Nutrition Score:7.0152174804522%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 3.26mg, Catechin: 3.26mg, Catechin: 3.26mg, Catechin: 3.26mg Epicatechin: 6.75mg, Epicatechin: 6.75mg, Epicatechin: 6.75mg, Epicatechin: 6.75mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg

## Nutrients (% of daily need)

Calories: 312.89kcal (15.64%), Fat: 16.43g (25.27%), Saturated Fat: 8.91g (55.71%), Carbohydrates: 40.63g (13.54%), Net Carbohydrates: 38.21g (13.9%), Sugar: 30.78g (34.21%), Cholesterol: 51.9mg (17.3%), Sodium: 141.63mg (6.16%),

Alcohol: 0.25g (100%), Alcohol %: 0.37% (100%), Caffeine: 11.91mg (3.97%), Protein: 3.68g (7.37%), Manganese: 0.52mg (26.19%), Copper: 0.34mg (17.03%), Iron: 2.19mg (12.14%), Magnesium: 41.29mg (10.32%), Selenium: 7.01µg (10.02%), Vitamin A: 495.1IU (9.9%), Fiber: 2.42g (9.67%), Phosphorus: 86.33mg (8.63%), Zinc: 1mg (6.65%), Vitamin B2: 0.11mg (6.34%), Vitamin B1: 0.09mg (5.81%), Folate: 23.12µg (5.78%), Vitamin K: 5.65µg (5.38%), Potassium: 169.77mg (4.85%), Vitamin E: 0.69mg (4.59%), Calcium: 44.05mg (4.4%), Vitamin B3: 0.75mg (3.77%), Vitamin B6: 0.05mg (2.61%), Vitamin B5: 0.24mg (2.38%), Vitamin D: 0.31µg (2.06%), Vitamin B12: 0.11µg (1.79%), Vitamin C: 0.86mg (1.04%)