



## Mexican-Spiced Fudge Brownies

 Vegetarian

READY IN



120 min.

SERVINGS



16

CALORIES



278 kcal

DESSERT

### Ingredients

- 1.3 cups flour all-purpose
- 2 cups sugar
- 0.5 cup dutch-processed cocoa powder unsweetened
- 0.5 teaspoon salt
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground pepper red (cayenne)
- 1 cup butter
- 6 oz crema mexicana chopped (from 18.6-oz box)

- 4 eggs
- 1 teaspoon vanilla

## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- microwave

## Directions

- Heat oven to 325°F. Spray 8-inch square pan with cooking spray.
- In medium bowl, mix flour, sugar, cocoa, salt, cinnamon and red pepper; set aside.
- In large microwavable bowl, microwave butter and chocolate uncovered on High 2 minutes, stirring after 1 minute, or until melted and mixture can be stirred smooth. Stir in flour mixture, eggs and vanilla.
- Pour into pan.
- Bake 50 minutes or until toothpick inserted in center comes out almost clean. Cool completely on cooling rack, about 1 hour.
- Cut into 4 rows by 4 rows.

## Nutrition Facts



**PROTEIN 4.79%** **FAT 46.21%** **CARBS 49%**

## Properties

Glycemic Index:14.51, Glycemic Load:23.21, Inflammation Score:-4, Nutrition Score:4.3199999759217%

## Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin:

0.27mg

## Nutrients (% of daily need)

Calories: 277.57kcal (13.88%), Fat: 14.77g (22.72%), Saturated Fat: 7.87g (49.19%), Carbohydrates: 35.23g (11.74%), Net Carbohydrates: 33.93g (12.34%), Sugar: 25.44g (28.27%), Cholesterol: 77.06mg (25.69%), Sodium: 224.48mg (9.76%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.45g (6.89%), Selenium: 7.59µg (10.84%), Vitamin A: 474.88IU (9.5%), Manganese: 0.19mg (9.25%), Vitamin B2: 0.12mg (6.96%), Folate: 25.55µg (6.39%), Copper: 0.13mg (6.35%), Iron: 1.07mg (5.95%), Vitamin B1: 0.09mg (5.94%), Phosphorus: 56.29mg (5.63%), Fiber: 1.3g (5.2%), Magnesium: 17.4mg (4.35%), Vitamin B3: 0.69mg (3.46%), Calcium: 32.26mg (3.23%), Vitamin E: 0.46mg (3.09%), Zinc: 0.41mg (2.77%), Vitamin B5: 0.24mg (2.37%), Potassium: 72.23mg (2.06%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.22µg (1.47%), Vitamin B6: 0.03mg (1.39%), Vitamin K: 1.16µg (1.1%)