



WHATSheATE



Mexican-Spiced Fudge Brownies

READY IN



120 min.

SERVINGS



16

CALORIES



313 kcal

DESSERT

Ingredients

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

☐ 1 teaspoon vanilla

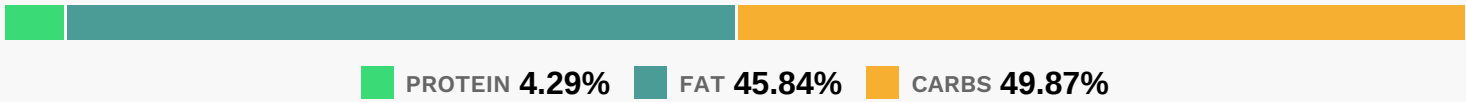
Equipment

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

Directions

- ☐ Heat oven to 325F. 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



Properties

Glycemic Index:17.17, Glycemic Load:25.7, Inflammation Score:-4, Nutrition Score:5.0756521599934%

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: 312.54kcal (15.63%), Fat: 16.74g (25.76%), Saturated Fat: 10.01g (62.53%), Carbohydrates: 40.99g (13.66%), Net Carbohydrates: 39.1g (14.22%), Sugar: 30.58g (33.98%), Cholesterol: 71.42mg (23.81%), Sodium: 182.28mg (7.93%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Caffeine: 13.2mg (4.4%), Protein: 3.53g (7.06%), Manganese: 0.24mg (11.88%), Selenium: 7.89µg (11.27%), Copper: 0.19mg (9.4%), Vitamin A: 427.04IU (8.54%), Vitamin B2: 0.14mg (8.46%), Iron: 1.36mg (7.58%), Fiber: 1.89g (7.54%), Magnesium: 29.42mg (7.35%), Phosphorus: 71.92mg (7.19%), Folate: 25.87µg (6.47%), Vitamin B1: 0.09mg (6.08%), Zinc: 0.57mg (3.83%), Vitamin B3: 0.76mg (3.82%), Vitamin E: 0.49mg (3.28%), Potassium: 103.06mg (2.94%), Vitamin B5: 0.24mg (2.44%), Vitamin B12: 0.12µg (2.03%), Calcium: 17.8mg (1.78%), Vitamin K: 1.83µg (1.74%), Vitamin B6: 0.03mg (1.62%), Vitamin D: 0.22µg (1.47%)