



Mint Oreo Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



25

CALORIES



241 kcal

DESSERT

Ingredients

- 1.7 cups flour
- 1 cup cocoa powder
- 0.5 teaspoon sea salt (I used 1 tsp.)
- 2 sticks butter cut into pieces
- 6 ounces baker's chocolate unsweetened chopped
- 3 cups sugar (I reduced mine by)
- 2 teaspoons vanilla extract (I used Kahlua)
- 18 mint leaves roughly chopped

4 eggs (I used 3)

Equipment

bowl

frying pan

sauce pan

oven

whisk

aluminum foil

Directions

Preheat the oven to 350F. Line a 9x13 pan with foil.

In a small bowl. Sift together the flour and cocoa powder.

Whisk in the sea salt and set aside.

In a medium saucepan. Melt the butter and unsweetened chopped chocolate until all the chocolate is melted and the mixture is smooth.

Stir in the sugar and vanilla.

Remove from heat. It will look 'grainy' because of the sugar but don't worry.

Whisk/stir in the eggs one at a time. Beat well after each addition. You should now have a smooth, satin-like mixture.

Add the flour/cocoa and stir until uniform.

Stir in the Oreos.

Pour into prepared pan.

Crush some extra cookies over the top.

Bake for about 35 minutes. A tester should be free of any batter but have a few moist crumbs.

Nutrition Facts



PROTEIN 5.21% **FAT 42%** **CARBS 52.79%**

Properties

Glycemic Index:7.8, Glycemic Load:21.36, Inflammation Score:-4, Nutrition Score:6.1517391304348%

Flavonoids

Catechin: 6.61mg, Catechin: 6.61mg, Catechin: 6.61mg, Catechin: 6.61mg Epicatechin: 16.41mg, Epicatechin: 16.41mg, Epicatechin: 16.41mg, Epicatechin: 16.41mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 240.97kcal (12.05%), Fat: 12.2g (18.76%), Saturated Fat: 7.36g (46%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 31.8g (11.57%), Sugar: 24.17g (26.85%), Cholesterol: 45.62mg (15.21%), Sodium: 117.65mg (5.12%), Caffeine: 13.36mg (4.45%), Protein: 3.4g (6.81%), Manganese: 0.48mg (24.23%), Copper: 0.37mg (18.59%), Iron: 2.22mg (12.35%), Fiber: 2.68g (10.74%), Magnesium: 42.89mg (10.72%), Selenium: 6.26µg (8.95%), Phosphorus: 78.12mg (7.81%), Zinc: 1.06mg (7.05%), Vitamin A: 294.51IU (5.89%), Vitamin B2: 0.1mg (5.78%), Folate: 22.66µg (5.66%), Vitamin B1: 0.08mg (5.47%), Potassium: 134.62mg (3.85%), Vitamin B3: 0.68mg (3.41%), Vitamin E: 0.32mg (2.13%), Calcium: 20.69mg (2.07%), Vitamin B5: 0.18mg (1.77%), Vitamin K: 1.42µg (1.36%), Vitamin B12: 0.08µg (1.3%), Vitamin B6: 0.02mg (1.14%)