



Mocha Brownie Bites

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



52 kcal

DESSERT

Ingredients

- 0.3 lb butter
- 3 tablespoons roasted coffee beans whole
- 2 large eggs
- 1 cup flour all-purpose
- 1 tablespoon ground coffee beans finely
- 1 cup sugar
- 2 ounces chocolate unsweetened chopped
- 1 teaspoon vanilla

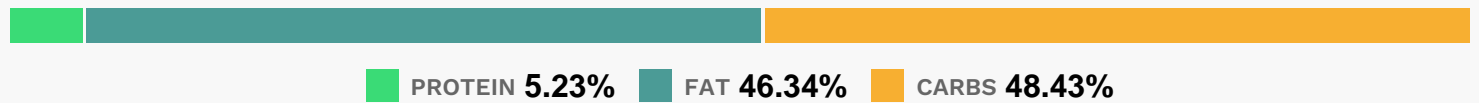
Equipment

- frying pan
- oven
- baking pan

Directions

- In a 2- to 3-quart pan over low heat, frequently stir butter and chocolate until melted and smooth.
- Remove from heat and stir in sugar, eggs, vanilla, flour, and ground coffee until well blended.
- Place 48 baking cups (see notes) snugly in a 9- by 13-inch baking pan. Fill cups equally with brownie batter and top each with a coffee bean.
- Bake in a 350 oven until centers spring back slightly when lightly pressed, 18 to 20 minutes.
- Let cool in pan on a rack.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:4.35, Inflammation Score:-1, Nutrition Score:1.0613043632196%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg

Nutrients (% of daily need)

Calories: 51.6kcal (2.58%), Fat: 2.77g (4.26%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 6.25g (2.27%), Sugar: 4.2g (4.66%), Cholesterol: 12.83mg (4.28%), Sodium: 18.53mg (0.81%), Alcohol: 0.03g (100%), Alcohol %: 0.27% (100%), Protein: 0.7g (1.41%), Manganese: 0.07mg (3.4%), Selenium: 1.67µg (2.38%), Copper: 0.04mg (2.19%), Iron: 0.37mg (2.03%), Folate: 6.15µg (1.54%), Vitamin B1: 0.02mg (1.54%), Vitamin B2: 0.03mg (1.48%), Vitamin A: 70.29IU (1.41%), Phosphorus: 12.23mg (1.22%), Magnesium: 4.74mg (1.19%), Zinc: 0.16mg (1.08%), Fiber: 0.27g (1.07%)