

Mocha Brownies

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



539 kcal

DESSERT

Ingredients

- ☐ 2 sticks butter
- ☐ 2 sticks butter softened
- ☐ 0.3 cup cocoa powder
- ☐ 0.5 cup hot-brewed coffee cooled room temperature brewed
- ☐ 4 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 5 cups powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 4 ounce chocolate unsweetened
- ☐ 3 teaspoons vanilla extract pure

Equipment

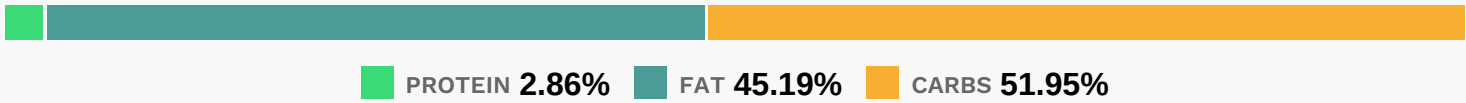
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F. Spray an 8-inch square baking pan with nonstick baking spray.
- ☐ Place the chocolate in a microwave-safe bowl. Melt the chocolate in the microwave in 30-second increments, being careful not to let it burn. Set it aside to cool slightly.
- ☐ In a medium mixing bowl, cream the butter and granulated sugar. Beat in the eggs. With the mixer on low speed, drizzle in the melted chocolate.
- ☐ Add the vanilla extract and mix.
- ☐ Add the flour to the bowl and mix just until combined; do not over mix.
- ☐ Pour the batter in the prepared baking pan.
- ☐ Spread it to even out the surface.
- ☐ Bake until the center is no longer soft, 40 to 45 minutes. Set the brownies aside to cool completely before icing.
- ☐ For the icing: In a large mixing bowl, combine the butter, powdered sugar, cocoa powder, salt and vanilla.
- ☐ Mix until slightly combined, then add 1/2 cup of the coffee. Whip until the icing is light and fluffy. If the icing is overly thick, add 1/4 cup more coffee. It should be very light and fluffy.

Ice the cooled brownies, spreading the icing on thick. Refrigerate until the icing is firm, and then slice the brownies into squares.

Nutrition Facts



Properties

Glycemic Index:15.32, Glycemic Load:22.85, Inflammation Score:-5, Nutrition Score:6.7678260855053%

Flavonoids

Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg Epicatechin: 12.69mg, Epicatechin: 12.69mg, Epicatechin: 12.69mg, Epicatechin: 12.69mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 538.9kcal (26.95%), Fat: 28.17g (43.34%), Saturated Fat: 17.33g (108.3%), Carbohydrates: 72.87g (24.29%), Net Carbohydrates: 70.93g (25.79%), Sugar: 61.9g (68.77%), Cholesterol: 107.24mg (35.75%), Sodium: 239.13mg (10.4%), Alcohol: 0.26g (100%), Alcohol %: 0.25% (100%), Caffeine: 11.72mg (3.91%), Protein: 4.01g (8.02%), Manganese: 0.42mg (21.15%), Vitamin A: 773.47IU (15.47%), Copper: 0.31mg (15.41%), Selenium: 8.57µg (12.25%), Iron: 2.13mg (11.86%), Magnesium: 34.41mg (8.6%), Vitamin B2: 0.14mg (8.44%), Phosphorus: 80.56mg (8.06%), Fiber: 1.94g (7.75%), Zinc: 1.04mg (6.92%), Folate: 27.16µg (6.79%), Vitamin B1: 0.1mg (6.38%), Vitamin E: 0.82mg (5.49%), Vitamin B3: 0.74mg (3.7%), Potassium: 119.73mg (3.42%), Vitamin B5: 0.3mg (3%), Vitamin B12: 0.16µg (2.65%), Vitamin K: 2.77µg (2.64%), Calcium: 25mg (2.5%), Vitamin D: 0.25µg (1.67%), Vitamin B6: 0.03mg (1.51%)