



Mocha Brownies

READY IN



130 min.

SERVINGS



24

CALORIES



249 kcal

DESSERT

Ingredients

- 0.5 cup shortening
- 0.5 cup butter
- 2 cups granulated sugar
- 1 cup cocoa powder unsweetened
- 4 teaspoons coffee instant
- 1 tablespoon water hot
- 2 teaspoons vanilla
- 4 eggs
- 1 cup flour all-purpose

- 0.5 teaspoon salt
- 2 tablespoons milk
- 2 teaspoons coffee instant
- 2 cups powdered sugar
- 0.5 cup butter softened
- 1 teaspoon vanilla

Equipment

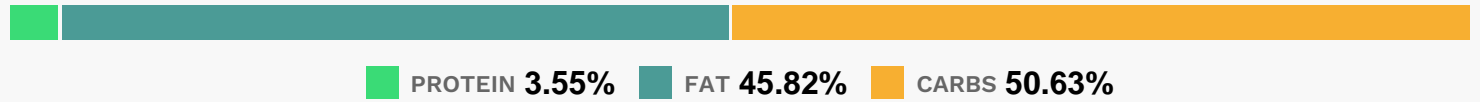
- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- microwave

Directions

- Heat oven to 350°F. Grease 13x9-inch pan with baking spray with flour.
- In large microwaveable bowl, microwave shortening and butter uncovered on Medium (50%) 1 1/2 to 2 minutes, stirring once, until shortening and butter are melted. Stir 2 cups granulated sugar and cocoa into butter mixture, until sugar is dissolved.
- In small bowl mix 4 teaspoons instant coffee granules and hot water until coffee granules are dissolved; stir into cocoa mixture. Stir in vanilla and eggs one at a time until well blended. Stir in flour and salt, until smooth.
- Spread batter evenly in pan.
- Bake 25 to 30 minutes, or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- In small microwaveable bowl, microwave milk on High 20 to 30 seconds until very warm. Stir in 2 teaspoons coffee granules until dissolved. Allow mixture to cool to room temperature, about 10 minutes.
- In medium bowl, mix remaining frosting ingredients with electric mixer on low speed until combined; increase speed to medium and blend until light and fluffy. Beat in cooled coffee.

Spread frosting over the cooled brownies. For brownies, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:14.54, Inflammation Score:-3, Nutrition Score:3.5973912995795%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 249.32kcal (12.47%), Fat: 13.28g (20.42%), Saturated Fat: 6.48g (40.5%), Carbohydrates: 33g (11%), Net Carbohydrates: 31.53g (11.47%), Sugar: 26.65g (29.61%), Cholesterol: 47.77mg (15.92%), Sodium: 121.72mg (5.29%), Alcohol: 0.17g (100%), Alcohol %: 0.37% (100%), Caffeine: 16.09mg (5.36%), Protein: 2.32g (4.63%), Manganese: 0.18mg (9.09%), Copper: 0.15mg (7.57%), Selenium: 4.84µg (6.91%), Fiber: 1.47g (5.87%), Vitamin A: 277.99IU (5.56%), Magnesium: 21.13mg (5.28%), Phosphorus: 50.77mg (5.08%), Iron: 0.9mg (5%), Vitamin B2: 0.08mg (4.62%), Vitamin E: 0.57mg (3.77%), Folate: 14.41µg (3.6%), Vitamin B1: 0.05mg (3.25%), Vitamin K: 3.07µg (2.92%), Zinc: 0.39mg (2.62%), Potassium: 84.44mg (2.41%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.19mg (1.89%), Vitamin B12: 0.09µg (1.47%), Calcium: 14.05mg (1.4%), Vitamin D: 0.16µg (1.07%), Vitamin B6: 0.02mg (1.01%)