



Mocha Brownies

READY IN



45 min.

SERVINGS



24

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 6 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon espresso powder instant
- ☐ 24 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 cups sugar
- ☐ 0.8 cup butter unsalted ()

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup walnuts chopped

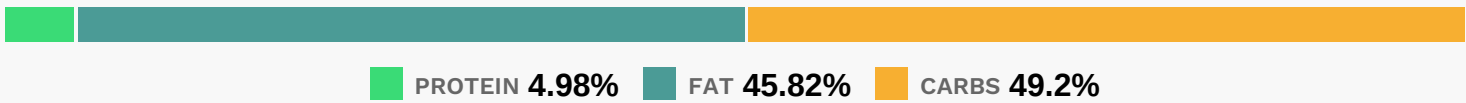
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375°F. Spray 13x9x2-inch metal baking pan with nonstick spray. Line with waxed paper, extending over 2 sides of pan. Spray paper. Stir chocolate and butter in heavy small saucepan over low heat until melted. Cool to lukewarm.
- ☐ Using electric mixer, beat 2 cups sugar, eggs and vanilla in medium bowl until fluffy, about 5 minutes.
- ☐ Add chocolate mixture; beat just until blended.
- ☐ Add flour and next 3 ingredients; beat just until blended. Stir in sour cream and nuts.
- ☐ Transfer batter to pan.
- ☐ Bake until tester inserted into center comes out with moist crumbs attached, about 35 minutes.
- ☐ Transfer pan to rack; cool completely.
- ☐ Cut into squares. Top with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:13.12, Inflammation Score:-3, Nutrition Score:4.691739168504%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 260.7kcal (13.04%), Fat: 13.65g (21.01%), Saturated Fat: 6.68g (41.77%), Carbohydrates: 33g (11%), Net Carbohydrates: 31.48g (11.45%), Sugar: 28.22g (31.36%), Cholesterol: 63.73mg (21.24%), Sodium: 69.41mg (3.02%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Caffeine: 12.18mg (4.06%), Protein: 3.34g (6.67%), Manganese: 0.32mg (16.01%), Copper: 0.24mg (11.89%), Selenium: 6.18µg (8.82%), Magnesium: 31mg (7.75%), Phosphorus: 77.22mg (7.72%), Iron: 1.23mg (6.82%), Fiber: 1.51g (6.05%), Vitamin B2: 0.09mg (5.56%), Vitamin A: 265.15IU (5.3%), Zinc: 0.64mg (4.28%), Folate: 14.96µg (3.74%), Potassium: 115.07mg (3.29%), Vitamin B1: 0.04mg (2.85%), Vitamin B5: 0.27mg (2.71%), Vitamin E: 0.39mg (2.59%), Vitamin B12: 0.15µg (2.42%), Vitamin B6: 0.05mg (2.4%), Vitamin D: 0.36µg (2.38%), Calcium: 22.86mg (2.29%), Vitamin B3: 0.33mg (1.64%), Vitamin K: 1.39µg (1.32%)