

Mocha Brownies

READY IN



75 min.

SERVINGS



36

CALORIES



129 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 1 package brownie mix (13-inch x 9-inch pan size)
- 1 tablespoon butter
- 0.3 cup canola oil
- 1 eggs
- 0.3 teaspoon coffee instant
- 1 teaspoons milk
- 0.5 cup semi chocolate chips
- 1 teaspoon vanilla extract

- 1 cup walnut pieces chopped
- 0.5 cup water

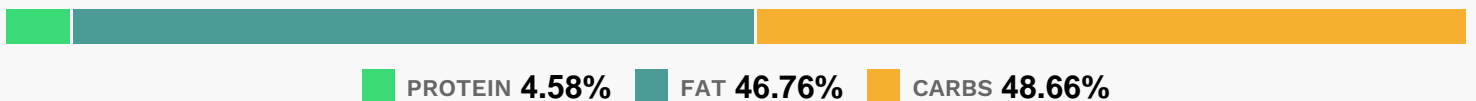
Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack
- baking pan
- toothpicks

Directions

- In a large bowl, combine the first six ingredients.
- Spread into a greased 13-in. x 9-in. baking pan.
- Bake at 350° for 30–35 minutes or until a toothpick inserted near the center comes out clean (do not overbake).
- Meanwhile, in a small bowl, cream butter and sugar until light and fluffy. Beat in the egg, coffee and vanilla until well blended. Stir in walnuts and chocolate chips.
- Spread over brownies.
- Bake at 350° for 17 minutes or until set. Cool on a wire rack.
- For icing, in a small saucepan melt the chocolate chips and butter over low heat until chips are melted, stirring constantly.
- Whisk in coffee and enough milk to reach a drizzling consistency.
- Drizzle over warm brownies. Cool before cutting.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.5099999983997%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 128.53kcal (6.43%), Fat: 6.78g (10.43%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 15.46g (5.62%), Sugar: 11.02g (12.24%), Cholesterol: 5.55mg (1.85%), Sodium: 47mg (2.04%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.49g (2.99%), Manganese: 0.15mg (7.34%), Copper: 0.09mg (4.29%), Iron: 0.69mg (3.86%), Magnesium: 10.05mg (2.51%), Vitamin E: 0.33mg (2.21%), Phosphorus: 20.55mg (2.05%), Fiber: 0.42g (1.67%), Vitamin K: 1.41µg (1.34%), Zinc: 0.18mg (1.23%), Selenium: 0.79µg (1.13%), Vitamin B6: 0.02mg (1.09%)