



Mocha Mint Cheesecake Brownies

READY IN



45 min.

SERVINGS



48

CALORIES



125 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 8 ounces cream cheese softened
- ☐ 3 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup mocha mint coffee powder instant
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 12 ounces semi chocolate chips

- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 cup sugar white

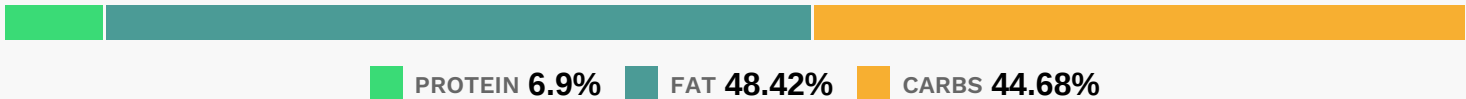
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 13x9 inch pan.
- ☐ In a large bowl, cream butter and sugar. Stir in cream cheese.
- ☐ Add eggs one at a time, then add the milk and mix until well blended. Sift together flour, baking powder, salt, cocoa and instant coffee powder. Stir in dry ingredients until smooth.
- ☐ Spread evenly into prepared baking pan and bake in preheated oven for 25 to 30 minutes.
- ☐ Melt chocolate chips in the microwave and spread over the top of the brownies. After the brownies are cool, cut into squares.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:5.62, Inflammation Score:-2, Nutrition Score:3.4095652414405%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 124.95kcal (6.25%), Fat: 6.88g (10.58%), Saturated Fat: 4g (24.98%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 13.25g (4.82%), Sugar: 7.22g (8.02%), Cholesterol: 21.12mg (7.04%), Sodium: 63.18mg (2.75%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 85.54mg (28.51%), Protein: 2.2g (4.41%), Manganese: 0.2mg (10.16%), Magnesium: 27.45mg (6.86%), Copper: 0.14mg (6.78%), Selenium: 3.97µg (5.68%), Phosphorus: 56.33mg (5.63%), Iron: 0.96mg (5.35%), Vitamin B3: 1.06mg (5.28%), Potassium: 164.26mg (4.69%), Fiber: 1.02g (4.09%), Vitamin B2: 0.06mg (3.65%), Calcium: 30.04mg (3%), Vitamin A: 149.18IU (2.98%), Vitamin B1: 0.04mg (2.94%), Folate: 10.42µg (2.6%), Zinc: 0.37mg (2.48%), Vitamin B5: 0.14mg (1.37%), Vitamin B12: 0.08µg (1.32%), Vitamin E: 0.17mg (1.15%)