



Mudslide Brownies

READY IN



56 min.

SERVINGS



1

CALORIES



6477 kcal

DESSERT

Ingredients

- 6 oz chocolate baking squares unsweetened
- 1 cup firmly brown sugar light packed
- 1 serving garnish: chocolate-covered espresso coffee beans chopped
- 2 tablespoons rum / brandy / coffee liqueur divided
- 3 large eggs
- 4 teaspoons espresso powder (with café bustello) divided
- 1.5 cups flour all-purpose
- 1 cup granulated sugar
- 1 cup pecans toasted chopped

- 2.3 cups powdered sugar
- 0.5 teaspoon salt
- 0.5 cup butter unsalted divided
- 2 tablespoons vodka
- 2 tablespoons whipping cream

Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- aluminum foil

Directions

- Melt 4 chocolate baking squares and 1/2 cup butter in a heavy saucepan over low heat, stirring occasionally.
- Remove from heat, and transfer to a large bowl.
- Add sugars; stir well. Stir in eggs, 2 teaspoon espresso powder, and 2 teaspoon coffee liqueur.
- Add flour and salt, stirring until blended. Stir in pecans.
- Spread batter into a lightly greased aluminum foil-lined 13" x 9" pan (or see note).
- Bake at 325 for 20 to 25 minutes or until brownies appear set on top. Cool completely in pan on a wire rack.
- Melt remaining 2 chocolate baking squares and 2 Tbsp. butter in heavy saucepan, stirring occasionally.
- Remove from heat; transfer to a medium bowl. Stir in remaining 2 tsp. espresso powder, whipping cream, vodka, and remaining 2 Tbsp. coffee liqueur.
- Add enough powdered sugar to make a good spreading consistency, beating at medium speed with an electric mixer until smooth.

- Spread frosting over cooled brownies; garnish, if desired.
- Let stand until frosting is set. Use foil to lift uncut brownies out of the pan.
- Cut into bars to serve.
- Note: For really thick, showy brownies, we baked these in an 11" x 7" pan at 325 for 26 to 28 minutes.

Nutrition Facts



Properties

Glycemic Index:170.09, Glycemic Load:243.6, Inflammation Score:-10, Nutrition Score:71.183478391689%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 117.32mg, Catechin: 117.32mg, Catechin: 117.32mg, Catechin: 117.32mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 242.14mg, Epicatechin: 242.14mg, Epicatechin: 242.14mg, Epicatechin: 242.14mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

Nutrients (% of daily need)

Calories: 6476.79kcal (323.84%), Fat: 299.2g (460.31%), Saturated Fat: 137.99g (862.44%), Carbohydrates: 936.51g (312.17%), Net Carbohydrates: 889.74g (323.54%), Sugar: 715.98g (795.53%), Cholesterol: 841.13mg (280.38%), Sodium: 1524.08mg (66.26%), Alcohol: 16.53g (100%), Alcohol %: 1.35% (100%), Caffeine: 597.28mg (199.09%), Protein: 75.81g (151.61%), Manganese: 13.77mg (688.64%), Copper: 7.58mg (378.88%), Iron: 46.83mg (260.14%), Magnesium: 827.44mg (206.86%), Selenium: 136.65µg (195.22%), Fiber: 46.76g (187.05%), Zinc: 25.4mg (169.32%), Vitamin B1: 2.52mg (168.13%), Phosphorus: 1602.88mg (160.29%), Vitamin B2: 2.22mg (130.55%), Folate: 493.24µg (123.31%), Vitamin A: 4148.41IU (82.97%), Potassium: 2903.01mg (82.94%), Vitamin B3: 16.43mg (82.15%), Calcium: 640.92mg (64.09%), Vitamin B5: 4.89mg (48.86%), Vitamin E: 6.9mg (45.97%), Vitamin B6: 0.73mg (36.64%), Vitamin D: 5.18µg (34.55%), Vitamin K: 32.67µg (31.11%), Vitamin B12: 1.58µg (26.27%), Vitamin C: 1.38mg (1.67%)