



WHATSheATE



## Orange and Feta Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



225 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter cut into pieces
- ☐ 1.7 cups nestlé cacao chocolate morsels dark 53% divided (10-oz. pkg.)
- ☐ 2 large eggs
- ☐ 0.3 cup feta cheese crumbled traditional
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 tablespoons reduced oranges juice (such as Cointreau or Grand Marnier) (see note)
- ☐ 1 teaspoons orange zest
- ☐ 0.3 teaspoon salt

☐ 1 tablespoon water

## Equipment

☐ frying pan

☐ sauce pan

☐ oven

☐ baking pan

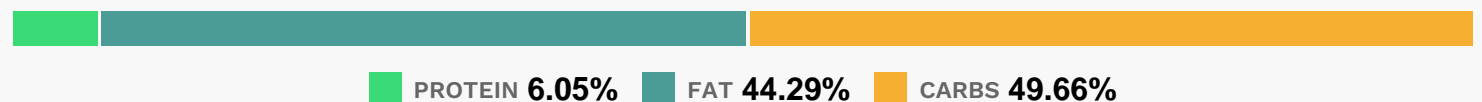
☐ roasting pan

☐ aluminum foil

## Directions

- ☐ Preheat oven to 325° F. Line an 8 inch square metal pan with non-stick foil. Set aside 2 tablespoons of the chocolate morsels – you will be melting them and drizzling. In a large saucepan, heat 1 cup of the morsels, sugar, butter and water over low heat, stirring constantly, until chocolate and butter are just melted.
- ☐ Remove from heat.
- ☐ Let cool slightly (about 3 minutes). Stir in eggs, one at a time, until mixed in. Stir in liqueur or concentrated orange juice (see my note).
- ☐ Add flour and salt; stir well. Stir in cheese, remaining morsels (except reserved 2 tablespoons) and orange zest.
- ☐ Pour into prepared baking pan. Bang the metal pan on the counter to bring air bubbles to top.
- ☐ Bake for 35 minutes until wooden pick inserted in center comes out still slightly sticky.
- ☐ Remove pan from oven and set it in a larger pan (roasting pan). Fill roasting pan with ice water so that it comes halfway up sides of small pan. Allow the brownies to cool to room temp in the ice water bath. When cool, melt remaining 2 tablespoons of chocolate and drizzle decoratively over brownies. Chill thoroughly.
- ☐ Cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:13.88, Glycemic Load:12, Inflammation Score:-1, Nutrition Score:3.6465217445208%

Nutrients (% of daily need)

Calories: 224.84kcal (11.24%), Fat: 11.09g (17.06%), Saturated Fat: 8.49g (53.06%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 27.1g (9.85%), Sugar: 19.21g (21.35%), Cholesterol: 36.39mg (12.13%), Sodium: 131.67mg (5.72%), Alcohol: 0.24g (100%), Alcohol %: 0.58% (100%), Protein: 3.41g (6.82%), Selenium: 5.48µg (7.82%), Calcium: 78.12mg (7.81%), Vitamin B2: 0.12mg (7.15%), Zinc: 0.88mg (5.87%), Phosphorus: 54.08mg (5.41%), Vitamin B1: 0.07mg (4.83%), Folate: 18.78µg (4.69%), Potassium: 137.46mg (3.93%), Iron: 0.65mg (3.63%), Fiber: 0.88g (3.54%), Manganese: 0.07mg (3.48%), Vitamin A: 167.52IU (3.35%), Vitamin E: 0.48mg (3.19%), Vitamin B5: 0.3mg (2.98%), Vitamin B3: 0.58mg (2.91%), Vitamin B12: 0.17µg (2.82%), Vitamin B6: 0.05mg (2.56%), Copper: 0.05mg (2.49%), Magnesium: 9.54mg (2.39%), Vitamin K: 1.87µg (1.78%)