



Orange Cappuccino Brownies

READY IN



55 min.

SERVINGS



16

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup cocoa powder
- ☐ 2 teaspoons espresso powder dry instant ()
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 cup eggs fat-free
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons water
- ☐ 0.3 cup powdered sugar

- ☐ 0.5 teaspoon orange juice concentrate frozen thawed ()
- ☐ 0.5 teaspoon orange zest grated
- ☐ 1 ounce weight cream cheese fat-free softened

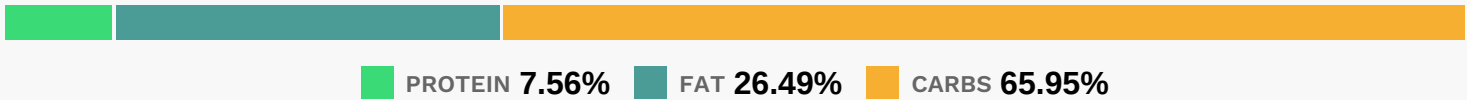
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray square pan, 9x9x2 inches, with cooking spray.
- ☐ Mix flour, granulated sugar, cocoa, espresso and baking powder in medium bowl. Stir in egg product, margarine and water.
- ☐ Spread in pan.
- ☐ Bake 18 to 20 minutes or until center is set and brownies begin to pull away from sides of pan. Cool 15 minutes.
- ☐ Mix all glaze ingredients until smooth.
- ☐ Drizzle glaze over brownies.
- ☐ Sprinkle with additional grated orange peel if desired. For brownies, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:13.06, Inflammation Score:-2, Nutrition Score:3.3121739204811%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 131.4kcal (6.57%), Fat: 4.08g (6.28%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 21.65g (7.87%), Sugar: 15.16g (16.84%), Cholesterol: 28.46mg (9.49%), Sodium: 64.34mg (2.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.11mg (3.37%), Protein: 2.62g (5.24%), Manganese: 0.16mg (8.08%), Selenium: 5.56µg (7.94%), Copper: 0.12mg (6.04%), Phosphorus: 55.14mg (5.51%), Vitamin B2: 0.09mg (5.24%), Iron: 0.89mg (4.96%), Folate: 19.52µg (4.88%), Fiber: 1.21g (4.85%), Vitamin B1: 0.07mg (4.54%), Magnesium: 17.05mg (4.26%), Vitamin A: 169.66IU (3.39%), Vitamin B3: 0.57mg (2.84%), Zinc: 0.36mg (2.43%), Potassium: 71.94mg (2.06%), Calcium: 20.36mg (2.04%), Vitamin B5: 0.18mg (1.77%), Vitamin B12: 0.09µg (1.47%), Vitamin E: 0.2mg (1.32%), Vitamin B6: 0.02mg (1.06%), Vitamin D: 0.15µg (1.01%)