



Orange Sesame Crunch Brownie

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



6264 kcal

DESSERT

Ingredients

- ☐ 100 g all purpose flour sifted
- ☐ 300 g bittersweet chocolate 72% finely chopped ()
- ☐ 0.7 cup sesame seed black
- ☐ 2 large eggs
- ☐ 125 ml heavy cream
- ☐ 175 g brown sugar light
- ☐ 1 teaspoon orange extract
- ☐ 52 g rice cereal

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sesame powder black
- ☐ 440 g sugar
- ☐ 50 g butter unsalted
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 125 ml water

Equipment

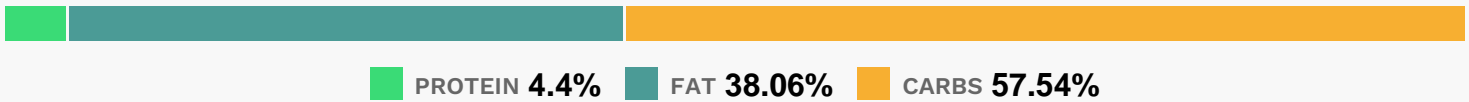
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ For the brownie: Preheat oven to 350 degrees F. Line bottom of an 8" x 8" square pan with parchment paper. Lightly grease inside of pan with butter.
- ☐ Place chocolate and butter in a metal bowl set over a saucepan of simmering water. Stir until melted.
- ☐ Remove from heat.
- ☐ Add in brown sugar and whisk to combine.
- ☐ Add in eggs and whisk to combine.
- ☐ Add in flour, cocoa powder, and salt, and whisk until smooth and combined.
- ☐ Pour batter into prepared pan and bake for 30–35 minutes until just set.
- ☐ Place sugar in a medium saucepan.
- ☐ Add water, making sure sugar is completely wet.
- ☐ Heat on medium heat until sugar is fully dissolved. Turn heat to high and cook at a boil for about 8 minutes, until mixture reaches 350 degrees F and turns golden brown.

- ☐ Add in cream and butter – mixture will bubble up violently so be careful. Stir until mixture is well combined.
- ☐ Add in the puffed rice cereal, sesame seeds, and sesame powder, and stir to combine.
- ☐ Combine chocolate and cream in a metal bowl set over a saucepan of simmering water. Stir until chocolate is melted and fully mixed with cream.
- ☐ Add in Grand Marnier and stir to combine.
- ☐ Pour ganache over caramel layer and let set for about 3 hours or until set.

Nutrition Facts



Properties

Glycemic Index:215.09, Glycemic Load:367.1, Inflammation Score:-10, Nutrition Score:72.670434627844%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 6264.28kcal (313.21%), Fat: 271.55g (417.77%), Saturated Fat: 132.63g (828.91%), Carbohydrates: 923.56g (307.85%), Net Carbohydrates: 880.59g (320.22%), Sugar: 723.78g (804.2%), Cholesterol: 639.59mg (213.2%), Sodium: 870.88mg (37.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 269.5mg (89.83%), Protein: 70.69g (141.38%), Copper: 9.16mg (458.21%), Manganese: 7.86mg (393.24%), Magnesium: 1036.53mg (259.13%), Iron: 46.01mg (255.63%), Selenium: 144.89µg (206.99%), Phosphorus: 2005.63mg (200.56%), Fiber: 42.97g (171.86%), Calcium: 1647.83mg (164.78%), Vitamin B1: 2.1mg (139.96%), Zinc: 20.3mg (135.33%), Vitamin B2: 1.87mg (110.08%), Folate: 432.48µg (108.12%), Potassium: 2998.33mg (85.67%), Vitamin B3: 15.96mg (79.82%), Vitamin A: 3798.41IU (75.97%), Vitamin B6: 1.36mg (67.78%), Vitamin E: 5.54mg (36.96%), Vitamin B5: 3.55mg (35.48%), Vitamin D: 4.76µg (31.75%), Vitamin B12: 1.72µg (28.6%), Vitamin K: 29.9µg (28.48%)