



WHATSheATE



Outrageous Oreo Brownies

READY IN



45 min.

SERVINGS



32

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 7 ml double-acting baking powder
- ☐ 3 large eggs
- ☐ 0.5 cup flour all-purpose (80 grams)
- ☐ 1 cup granulated sugar (220 grams)
- ☐ 10 ml espresso powder instant
- ☐ 8 oreo cookies
- ☐ 2 ml salt
- ☐ 8 ounces semi chocolate chips (12 oz total) (336 grams)
- ☐ 230 grams butter unsalted

- ☐ 84 grams chocolate unsweetened
- ☐ 15 ml vanilla extract pure

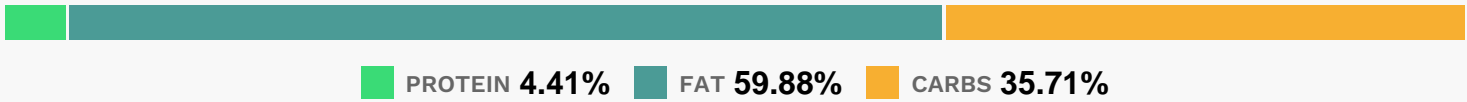
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat the oven to 350° F (180 C). Line a 13×9 inch metal pan with foil and spray foil with cooking spray.Melt the butter, 8 ounces (1 1/3 cup) semi-sweet chocolate chips and the unsweetened chocolate in a medium bowl over simmering water. Allow to cool slightly. You may also do this in the microwave.Stir (do not beat) eggs, vanilla, and sugar together in a large mixing bowl. Stir the warm chocolate mixture into the egg mixture and cool to room temperature.Stir the flour, baking powder, salt and espresso powder together in another bowl then add to the cooled chocolate mixture. Stir in the Oreos and remaining chocolate chips.
- ☐ Bake for 20 minutes, then rap the baking sheet against the oven shelf to force the air to escape from between the pan and the brownie dough.
- ☐ Bake for about 10 minutes more, or until a toothpick comes out clean. Do not overbake! Allow to cool, then chill brownies. Lift from pan and cut into squares.

Nutrition Facts



Properties

Glycemic Index:7.41, Glycemic Load:5.5, Inflammation Score:-2, Nutrition Score:3.5221739229949%

Flavonoids

Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg

Nutrients (% of daily need)

Calories: 159.92kcal (8%), Fat: 10.98g (16.89%), Saturated Fat: 6.42g (40.14%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 13.59g (4.94%), Sugar: 10.16g (11.29%), Cholesterol: 33.32mg (11.11%), Sodium: 73.76mg (3.21%), Alcohol: 0.14g (100%), Alcohol %: 0.53% (100%), Caffeine: 18.16mg (6.05%), Protein: 1.82g (3.64%), Manganese: 0.25mg (12.26%), Copper: 0.19mg (9.59%), Iron: 1.48mg (8.24%), Magnesium: 24.73mg (6.18%), Phosphorus: 50.6mg (5.06%), Selenium: 3.21µg (4.59%), Fiber: 1.14g (4.57%), Vitamin A: 208.53IU (4.17%), Zinc: 0.55mg (3.64%), Vitamin B2: 0.05mg (2.86%), Potassium: 91.12mg (2.6%), Calcium: 25.74mg (2.57%), Vitamin E: 0.34mg (2.29%), Folate: 8.56µg (2.14%), Vitamin K: 2.12µg (2.02%), Vitamin B1: 0.03mg (1.98%), Vitamin B3: 0.38mg (1.92%), Vitamin D: 0.2µg (1.34%), Vitamin B5: 0.12mg (1.23%), Vitamin B12: 0.07µg (1.11%)