



Passover Brownies

READY IN



55 min.

SERVINGS



16

CALORIES



193 kcal

DESSERT

Ingredients

- 3 Tbsp breakstone's cream sour
- 2 eggs lightly beaten
- 0.5 tsp imitation vanilla
- 0.5 tsp maxwell house coffee instant
- 1 tsp butter
- 0.5 cup matzo meal
- 0.5 cup oil
- 0.5 cup planters pecans chopped
- 8 oz semi-sweet baking chocolate divided

- 1 cup sugar
- 0.3 cup cocoa powder unsweetened
- 1 Tbsp water hot

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- toothpicks
- microwave

Directions

- Preheat oven to 350F. Reserve 5 oz. of the chocolate; cut remaining 3 oz. chocolate into chunks.
- Mix sugar and unsweetened cocoa in large bowl until blended. Stir in eggs and oil.
- Mix in matzo meal, chocolate chunks and pecans.
- Spread into greased 8-inch square baking pan.
- Bake 30 to 35 min. or until toothpick inserted in center comes out almost clean. (Do not overbake.) Cool in pan on wire rack.
- Meanwhile, microwave reserved 5 oz. chocolate and margarine in large microwaveable bowl on HIGH 2 min. or until margarine is melted. Stir until chocolate is completely melted; set aside. Dissolve coffee in water. Stir in sour cream and vanilla.
- Add to chocolate mixture; mix well.
- Spread over cooled brownies.
- Cut into 16 squares to serve.

Nutrition Facts



■ PROTEIN 6.56% ■ FAT 53.81% ■ CARBS 39.63%

Properties

Glycemic Index:5.01, Glycemic Load:8.74, Inflammation Score:-4, Nutrition Score:7.4808695547931%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 10.21mg, Catechin: 10.21mg, Catechin: 10.21mg, Catechin: 10.21mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 22.77mg, Epicatechin: 22.77mg, Epicatechin: 22.77mg, Epicatechin: 22.77mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 193.27kcal (9.66%), Fat: 13.1g (20.16%), Saturated Fat: 5.87g (36.66%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 18.43g (6.7%), Sugar: 12.88g (14.31%), Cholesterol: 23.64mg (7.88%), Sodium: 15.22mg (0.66%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Caffeine: 15.41mg (5.14%), Protein: 3.59g (7.19%), Manganese: 0.81mg (40.64%), Copper: 0.55mg (27.72%), Iron: 2.98mg (16.54%), Magnesium: 58.89mg (14.72%), Fiber: 3.28g (13.11%), Zinc: 1.71mg (11.37%), Phosphorus: 91.72mg (9.17%), Selenium: 4.92µg (7.03%), Potassium: 167.6mg (4.79%), Vitamin B1: 0.06mg (4.14%), Vitamin B2: 0.07mg (3.95%), Vitamin E: 0.44mg (2.94%), Vitamin K: 2.64µg (2.51%), Calcium: 24.01mg (2.4%), Vitamin B3: 0.44mg (2.22%), Folate: 8.52µg (2.13%), Vitamin A: 83.28IU (1.67%), Vitamin B5: 0.17mg (1.65%), Vitamin B6: 0.03mg (1.37%), Vitamin D: 0.16µg (1.03%)