



Peanut Swirl Brownies

READY IN



42 min.

SERVINGS



20

CALORIES



540 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 6 extra large eggs
- 1.3 cups flour all-purpose divided
- 3 tablespoons coffee granules instant
- 1 teaspoon kosher salt
- 1 pound semi chocolate chips divided
- 0.8 cup smooth peanut butter
- 2.3 cups sugar
- 1 pound butter unsalted

- 6 ounces chocolate unsweetened
- 2 tablespoons vanilla extract pure

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- toothpicks

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Butter and flour a 12 by 18 by 1 1/2-inch sheet pan.
- Melt together the butter, 1 pound of chocolate chips, and the unsweetened chocolate in a medium bowl over simmering water. Allow to cool slightly. In a large bowl, stir (do not beat) together the eggs, coffee granules, vanilla, and sugar. Stir the warm chocolate mixture into the egg mixture and allow to cool to room temperature.
- In a medium bowl, sift together 1 cup of flour, the baking powder, and salt.
- Add to the cooled chocolate mixture. Toss the remaining 12 ounces of chocolate chips in a medium bowl with 1/4 cup of flour, then add them to the chocolate batter.
- Pour into the prepared sheet pan. Spoon the peanut butter over the top of the chocolate mixture and using a knife, swirl it through the chocolate mixture.
- 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 to 15 minutes more or until a toothpick comes out clean. Do not overbake! Allow to cool thoroughly, refrigerate, and cut into large squares.

Nutrition Facts



PROTEIN 5.63% **FAT 61.49%** **CARBS 32.88%**

Properties

Glycemic Index:12.55, Glycemic Load:20.41, Inflammation Score:-6, Nutrition Score:12.317391333373%

Flavonoids

Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg Epicatechin: 12.06mg, Epicatechin: 12.06mg, Epicatechin: 12.06mg, Epicatechin: 12.06mg

Nutrients (% of daily need)

Calories: 540.09kcal (27%), Fat: 38.23g (58.81%), Saturated Fat: 20.91g (130.72%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 42.08g (15.3%), Sugar: 32.14g (35.71%), Cholesterol: 112.62mg (37.54%), Sodium: 252.82mg (10.99%), Alcohol: 0.45g (100%), Alcohol %: 0.5% (100%), Caffeine: 49.86mg (16.62%), Protein: 7.87g (15.74%), Manganese: 0.87mg (43.64%), Copper: 0.63mg (31.47%), Magnesium: 91.04mg (22.76%), Iron: 3.85mg (21.41%), Phosphorus: 188.43mg (18.84%), Selenium: 11.25µg (16.08%), Fiber: 3.9g (15.61%), Vitamin A: 668.82IU (13.38%), Zinc: 1.96mg (13.1%), Vitamin E: 1.76mg (11.71%), Vitamin B3: 2.29mg (11.46%), Vitamin B2: 0.17mg (9.84%), Potassium: 319.81mg (9.14%), Folate: 33.58µg (8.39%), Calcium: 80.17mg (8.02%), Vitamin B1: 0.1mg (6.83%), Vitamin B5: 0.5mg (5.03%), Vitamin D: 0.68µg (4.51%), Vitamin B6: 0.09mg (4.31%), Vitamin K: 4.16µg (3.96%), Vitamin B12: 0.23µg (3.81%)