



Peppermint Bark Brownies

READY IN



40 min.

SERVINGS



2

CALORIES



1919 kcal

DESSERT

Ingredients

- 3.5 ounces flour
- 1 cup candy coating disks roughly chopped
- 2 eggs at room temperature
- 0.3 teaspoon salt
- 1 cup sugar
- 8 tablespoons butter unsalted (1 stick)
- 3 ounces baker's chocolate unsweetened

Equipment

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

Directions

- Adjust oven rack to middle position and preheat oven to 350°F. Line an 8- by 8-inch baking dish with parchment paper. Butter paper.
- In a small saucepan, combine butter and chocolate and cook over medium heat, stirring often, until just melted. Stir until smooth. Take off heat and stir in sugar.
- Whisk in eggs one at a time. Stir in flour and salt until combined.
- Add 1/2 of chopped peppermint bark to batter and stir to incorporate.
- Pour batter into prepared pan.
- Sprinkle top with remaining peppermint bark.
- Bake until brownies are dry on top and just cooked through but still gooey in the center, about 25 minutes.
- Let cool completely before serving.

Nutrition Facts



PROTEIN 3.39% **FAT 48.77%** **CARBS 47.84%**

Properties

Glycemic Index:72.55, Glycemic Load:97.2, Inflammation Score:-9, Nutrition Score:28.0608695279%

Flavonoids

Catechin: 27.36mg, Catechin: 27.36mg, Catechin: 27.36mg, Catechin: 27.36mg Epicatechin: 60.31mg, Epicatechin: 60.31mg, Epicatechin: 60.31mg, Epicatechin: 60.31mg

Nutrients (% of daily need)

Calories: 1918.53kcal (95.93%), Fat: 106.45g (163.77%), Saturated Fat: 77.77g (486.09%), Carbohydrates: 235g (78.33%), Net Carbohydrates: 226.6g (82.4%), Sugar: 185.01g (205.57%), Cholesterol: 284.08mg (94.69%), Sodium: 405.83mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 34.02mg (11.34%), Protein: 16.63g (33.26%), Manganese: 2.13mg (106.48%), Copper: 1.49mg (74.71%), Iron: 10.53mg (58.53%), Selenium: 34.93µg (49.9%), Magnesium: 156.38mg (39.09%), Zinc: 5.07mg (33.81%), Fiber: 8.4g (33.59%), Vitamin A: 1637.04IU (32.74%), Phosphorus: 324.24mg (32.42%), Vitamin B1: 0.47mg (31.49%), Folate: 125.06µg (31.26%), Vitamin B2: 0.53mg (30.98%), Vitamin B3: 3.56mg (17.81%), Potassium: 482.26mg (13.78%), Vitamin E: 1.96mg (13.07%), Vitamin D: 1.72µg (11.47%), Vitamin B5: 1.02mg (10.25%), Calcium: 89.65mg (8.97%), Vitamin B12: 0.49µg (8.11%), Vitamin K: 8.33µg (7.93%), Vitamin B6: 0.11mg (5.49%)