



Peppermint Oreo Chocolate Chip Brownies

READY IN



60 min.

SERVINGS



16

CALORIES



284 kcal

DESSERT

Ingredients

- 0.5 cup flour
- 1 teaspoon double-acting baking powder
- 3 drops cooking oil
- 1 cup chocolate chips mini
- 2 large eggs
- 1.5 cups granulated sugar
- 0.3 teaspoon kosher salt
- 15 oreo cookies crushed
- 1 stick butter unsalted melted

- 1 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract pure
- 2 tablespoons vegetable oil

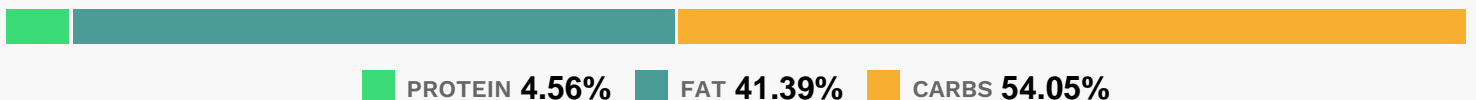
Equipment

- frying pan
- baking paper
- oven
- mixing bowl
- baking pan
- microwave

Directions

- Preheat oven to 325 degrees F. and line a 9×13 inch baking dish with parchment paper sprayed with cooking spray.
- Place butter into a large mixing bowl and microwave until partially melted.
- Add sugar and oil, mix until well combined. Stir in eggs, vanilla and peppermint oil stirring until combined then add flour, cocoa powder, salt, baking powder, chocolate chips and crushed Oreos. Stir until combined and thick.
- Transfer batter to prepared baking dish, spreading evenly.
- Bake for 35–40 minutes, until baked through.
- Remove and let cool completely, about an hour. Lift parchment and brownies out of pan and cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:15.31, Inflammation Score:-3, Nutrition Score:5.5117391069298%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 284.45kcal (14.22%), Fat: 13.82g (21.26%), Saturated Fat: 6.8g (42.5%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 37.88g (13.77%), Sugar: 30.49g (33.88%), Cholesterol: 40.12mg (13.37%), Sodium: 125.2mg (5.44%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Caffeine: 12.93mg (4.31%), Protein: 3.43g (6.86%), Manganese: 0.31mg (15.63%), Iron: 2.58mg (14.31%), Copper: 0.25mg (12.7%), Fiber: 2.72g (10.9%), Magnesium: 33.96mg (8.49%), Phosphorus: 73.7mg (7.37%), Selenium: 4.78µg (6.83%), Vitamin K: 7µg (6.67%), Vitamin B2: 0.09mg (5.52%), Folate: 18.88µg (4.72%), Vitamin A: 235.67IU (4.71%), Vitamin E: 0.69mg (4.58%), Calcium: 43mg (4.3%), Vitamin B1: 0.06mg (3.99%), Zinc: 0.57mg (3.77%), Potassium: 123.33mg (3.52%), Vitamin B3: 0.65mg (3.25%), Vitamin B5: 0.17mg (1.68%), Vitamin D: 0.23µg (1.54%), Vitamin B12: 0.07µg (1.13%), Vitamin B6: 0.02mg (1.08%)