



## Seattle Latte Brownies

 Dairy Free

READY IN



55 min.

SERVINGS



20

CALORIES



227 kcal

DESSERT

### Ingredients

- 4 oz baker's chocolate unsweetened (6 oz.)
- 1 cup firmly brown sugar packed
- 0.8 cup butter (1-)
- 3 eggs
- 1.3 cups flour
- 1 cup granulated sugar
- 0.3 tsp ground cinnamon
- 1 Tbsp maxwell house coffee instant

- 1 Tbsp powdered sugar
- 0.3 tsp salt
- 0.5 cup planters slivered almonds finely chopped
- 1 tsp vanilla
- 0.3 cup water

## Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- hand mixer
- toothpicks
- aluminum foil
- microwave
- cutting board

## Directions

- Preheat oven to 350F. Line 9-inch square baking pan with foil, with ends of foil extending over sides of pan. Grease foil; set aside.
- Microwave chocolate, butter, water and coffee granules in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted. Beat in granulated and brown sugars with electric mixer on medium speed until well blended.
- Add eggs and vanilla; beat 2 min.
- Add flour, almonds, cinnamon and salt; beat until well blended.
- Spread into prepared pan.
- Bake 35 to 40 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool in pan on wire rack.
- Sprinkle with powdered sugar. Lift brownies from pan onto cutting board, using foil handles.

Cut into 20 brownies to serve.

## Nutrition Facts

**PROTEIN 5.14%** **FAT 44.94%** **CARBS 49.92%**

### Properties

Glycemic Index:8, Glycemic Load:11.32, Inflammation Score:-4, Nutrition Score:5.1486956277943%

### Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 8.06mg, Epicatechin: 8.06mg, Epicatechin: 8.06mg, Epicatechin: 8.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 226.54kcal (11.33%), Fat: 11.9g (18.31%), Saturated Fat: 3.58g (22.36%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 28.25g (10.27%), Sugar: 21.28g (23.65%), Cholesterol: 24.55mg (8.18%), Sodium: 123.71mg (5.38%), Alcohol: 0.07g (100%), Alcohol %: 0.16% (100%), Caffeine: 12.39mg (4.13%), Protein: 3.06g (6.13%), Manganese: 0.37mg (18.55%), Copper: 0.23mg (11.71%), Iron: 1.66mg (9.24%), Selenium: 5.47µg (7.82%), Magnesium: 30.48mg (7.62%), Vitamin E: 1.05mg (7.02%), Vitamin A: 340.26IU (6.81%), Vitamin B2: 0.11mg (6.51%), Phosphorus: 60.36mg (6.04%), Fiber: 1.51g (6.03%), Vitamin B1: 0.08mg (5.25%), Zinc: 0.78mg (5.18%), Folate: 20.37µg (5.09%), Vitamin B3: 0.73mg (3.63%), Potassium: 112.04mg (3.2%), Calcium: 30.45mg (3.05%), Vitamin B5: 0.18mg (1.8%), Vitamin B6: 0.03mg (1.27%), Vitamin B12: 0.07µg (1.12%)