

Spiced Brookies

READY IN



45 min.

SERVINGS



18

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon ancho chili powder
- ☐ 2 cups bittersweet chocolate (52-62% cacao)
- ☐ 1 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup brown sugar light
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon butter unsalted
- ☐ 0.5 teaspoon vanilla extract

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ ice cream scoop

Directions

- ☐ Preheat oven to 350°F.
- ☐ Melt oil, butter, and 2 cups chocolate together in stainless-steel bowl of double boiler.
- ☐ Let mixture cool.
- ☐ In another bowl, whisk eggs, brown sugar, and vanilla together until combined.
- ☐ Fold melted chocolate mixture into egg mixture.
- ☐ In another bowl, whisk together flour, baking powder, and salt.
- ☐ Add flour mixture into chocolate mixture until combined.
- ☐ Freeze batter in shallow pan (for example, a pie plate) until batter sets and hardens slightly, around 6–8 minutes.
- ☐ Coat 2 cookie sheets with nonstick cookie spray or line tray with parchment paper. I used two ice cream scoop sizes, and had eight 2 tablespoon brookies on one tray and twelve 1 tablespoon brookies on the other.
- ☐ Bake until tops look dry and cracked, 11–12 minutes.
- ☐ Cool completely for soft and chewy brookies.

Nutrition Facts



 PROTEIN **5.1%**  FAT **45.52%**  CARBS **49.38%**

Properties

Glycemic Index:9.56, Glycemic Load:1.93, Inflammation Score:-2, Nutrition Score:4.2456522199285%

Nutrients (% of daily need)

Calories: 177.65kcal (8.88%), Fat: 9.02g (13.88%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 20.29g (7.38%), Sugar: 16.08g (17.87%), Cholesterol: 22.43mg (7.48%), Sodium: 51.62mg (2.24%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Caffeine: 16.72mg (5.57%), Protein: 2.27g (4.55%), Manganese: 0.31mg (15.47%), Copper: 0.26mg (12.85%), Magnesium: 36.66mg (9.17%), Iron: 1.58mg (8.77%), Fiber: 1.73g (6.91%), Phosphorus: 67.2mg (6.72%), Selenium: 4.64µg (6.63%), Zinc: 0.62mg (4.13%), Potassium: 135.63mg (3.88%), Vitamin B2: 0.05mg (3.11%), Calcium: 27.96mg (2.8%), Vitamin B1: 0.04mg (2.39%), Vitamin E: 0.34mg (2.28%), Folate: 9.09µg (2.27%), Vitamin K: 2.09µg (1.99%), Vitamin B3: 0.39mg (1.95%), Vitamin B5: 0.17mg (1.72%), Vitamin B12: 0.08µg (1.42%), Vitamin A: 63.46IU (1.27%), Vitamin B6: 0.02mg (1.14%)