



Spicy Caramel Brownies

READY IN



120 min.

SERVINGS



16

CALORIES



187 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 ounce bittersweet chocolate chopped
- ☐ 6 tablespoons butter softened
- ☐ 3 large egg whites
- ☐ 4.3 ounces flour all-purpose (almost 1 cup)
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 14 ounce condensed milk fat-free sweetened canned

- ☐ 0.3 cup cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract

Equipment

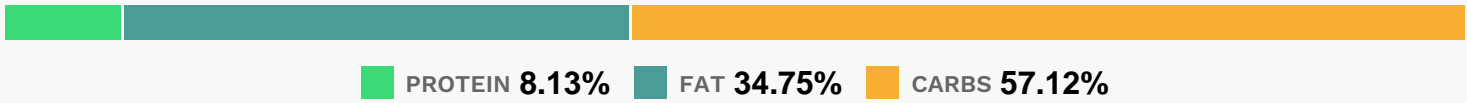
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ double boiler
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Pour sweetened condensed milk into the top of a double boiler; place over boiling water. Reduce heat to low; simmer for 1 1/2 hours or until mixture is thick and caramel-colored, stirring occasionally. Cool slightly.
- ☐ Preheat oven to 35
- ☐ Place chocolate in a microwave-safe dish, and microwave at HIGH 30 seconds or until almost melted, stirring after 15 seconds.
- ☐ Combine melted chocolate, 1/2 cup sugar, and butter in a medium bowl; beat with a mixer at high speed until well blended.
- ☐ Add vanilla and egg whites; beat until well blended. Weigh or lightly spoon flour into a dry measuring cup.
- ☐ Combine flour, 1/3 cup cocoa, baking powder, pepper, and salt.
- ☐ Add flour mixture to sugar mixture; beat just until blended. Stir half of sweetened condensed milk into batter. Spoon batter into a 9-inch square metal baking pan coated with cooking spray. Dollop the remaining sweetened condensed milk by the spoonful over chocolate mixture; swirl together using a knife.

- ☐
- Bake at 350 for 19 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.
- ☐
- Cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:23.76, Glycemic Load:16.79, Inflammation Score:-3, Nutrition Score:4.3269565170226%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 186.93kcal (9.35%), Fat: 7.46g (11.47%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 26.54g (9.65%), Sugar: 20.5g (22.78%), Cholesterol: 19.83mg (6.61%), Sodium: 107.75mg (4.68%), Alcohol: 0.04g (100%), Alcohol %: 0.1% (100%), Caffeine: 5.64mg (1.88%), Protein: 3.93g (7.85%), Selenium: 7.96µg (11.37%), Vitamin B2: 0.18mg (10.38%), Phosphorus: 93.77mg (9.38%), Calcium: 84.19mg (8.42%), Manganese: 0.15mg (7.38%), Vitamin B1: 0.08mg (5.61%), Copper: 0.11mg (5.34%), Magnesium: 21.09mg (5.27%), Vitamin A: 224.32IU (4.49%), Folate: 17.55µg (4.39%), Iron: 0.79mg (4.36%), Potassium: 150.31mg (4.29%), Fiber: 1.03g (4.1%), Zinc: 0.46mg (3.09%), Vitamin B3: 0.57mg (2.83%), Vitamin B5: 0.25mg (2.46%), Vitamin B12: 0.13µg (2.11%), Vitamin E: 0.2mg (1.31%), Vitamin B6: 0.02mg (1.04%)