



Turkish Coffee Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



147 kcal

DESSERT

Ingredients

- ☐ 3 ounces chocolate 72%
- ☐ 3 large eggs
- ☐ 0.7 cup flour all-purpose for the pan
- ☐ 1 teaspoon ground cardamom
- ☐ 1.3 teaspoons espresso powder instant
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 cup sugar
- ☐ 8 tablespoons butter unsalted for the pan (1 stick)
- ☐ 1 teaspoon vanilla extract

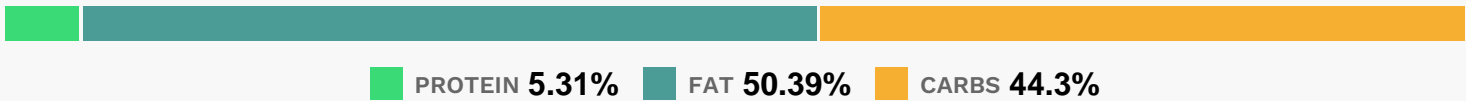
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Preheat the oven to 325°F. Grease the sides and bottom of an 8-inch square baking pan with butter and coat lightly with flour.
- ☐ Melt the chocolate and the 8 tablespoons butter in a small bowl over a pot of barely simmering water. Meanwhile, whisk the eggs and sugar together in a large bowl until the mixture is fluffy and pale yellow.
- ☐ Whisk in the espresso, cardamom, vanilla, and salt until well combined.
- ☐ Remove the melted chocolate and butter from the heat and stir with a rubber spatula. Then very slowly add the chocolate to the egg mixture and mix until thoroughly combined. Sift the 2/3 cup flour into the batter and mix well.
- ☐ Pour the brownie batter into the greased pan and use a rubber spatula to scrape out all that chocolate goodness. This is the part where I usually lick the spatula if no one is looking.
- ☐ Bake the brownies in the oven for 25 to 30 minutes. You can check for doneness by sticking a toothpick right in the middle. If it comes out clean, you're only seconds away from chocolate heaven. Cool the brownies before cutting.

Nutrition Facts



Properties

Glycemic Index:12.04, Glycemic Load:10.67, Inflammation Score:-2, Nutrition Score:2.4486956582607%

Nutrients (% of daily need)

Calories: 146.98kcal (7.35%), Fat: 8.48g (13.04%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 16.3g (5.93%), Sugar: 12.18g (13.53%), Cholesterol: 49.92mg (16.64%), Sodium: 87.88mg (3.82%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Caffeine: 5.96mg (1.99%), Protein: 2.01g (4.02%), Selenium: 4.93µg (7.04%), Manganese: 0.1mg (5.11%), Vitamin B2: 0.09mg (5.06%), Vitamin A: 225.55IU (4.51%), Folate: 14.31µg (3.58%), Phosphorus: 34.16mg (3.42%), Iron: 0.58mg (3.22%), Vitamin B1: 0.05mg (3.09%), Copper: 0.05mg (2.37%), Magnesium: 8.99mg (2.25%), Vitamin D: 0.29µg (1.95%), Vitamin B3: 0.38mg (1.89%), Fiber: 0.47g (1.87%), Vitamin E: 0.28mg (1.85%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.25mg (1.7%), Vitamin B12: 0.1µg (1.59%), Potassium: 40.34mg (1.15%), Vitamin B6: 0.02mg (1.06%)