



Ultimate Fudge Mocha Brownies

READY IN



145 min.

SERVINGS



32

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 cup butter
- ☐ 1 cup t brown sugar dark packed
- ☐ 2 eggs
- ☐ 2 tablespoons rum / brandy / coffee liqueur
- ☐ 1 teaspoon vanilla
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup butter softened
- ☐ 2 cups powdered sugar
- ☐ 2 tablespoons rum / brandy / coffee liqueur
- ☐ 0.5 cup whipping cream
- ☐ 1 tablespoon plus light
- ☐ 6 oz semi chocolate chips

Equipment

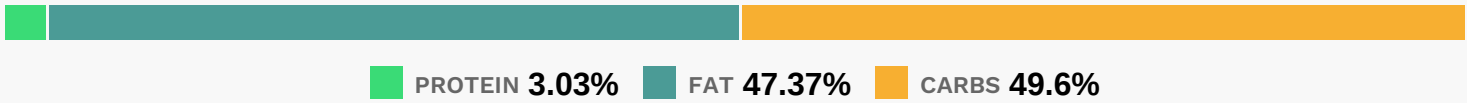
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Line 8-inch square pan with foil; spray foil with cooking spray.
- ☐ In 3-quart saucepan, melt 1/2 cup chocolate chips and 1/2 cup butter over low heat, stirring constantly; remove from heat. Cool completely. Stir in brown sugar, eggs, 2 tablespoons liqueur and the vanilla with whisk. Stir in flour, cocoa and salt.
- ☐ Spread evenly in pan.
- ☐ Bake 20 minutes or until center is set. Cool completely.
- ☐ In medium bowl, beat frosting ingredients with electric mixer on medium speed until smooth and spreadable. Frost brownies. Refrigerate at least 15 minutes. In small microwavable bowl, microwave glaze ingredients on High 1 minute; stir. Microwave 15 seconds longer; stir until melted and smooth.

Pour glaze over frosting; spread to cover. Refrigerate until set. With wet knife, cut into 8 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.94, Glycemic Load:1.72, Inflammation Score:-3, Nutrition Score:2.5430434854782%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 181.55kcal (9.08%), Fat: 9.56g (14.7%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 21.66g (7.88%), Sugar: 18.54g (20.6%), Cholesterol: 14.92mg (4.97%), Sodium: 100.59mg (4.37%), Alcohol: 0.45g (100%), Alcohol %: 1.39% (100%), Caffeine: 7.71mg (2.57%), Protein: 1.38g (2.75%), Manganese: 0.15mg (7.28%), Copper: 0.12mg (6.19%), Vitamin A: 285.03IU (5.7%), Magnesium: 17.92mg (4.48%), Iron: 0.8mg (4.44%), Selenium: 2.81µg (4.01%), Phosphorus: 35.83mg (3.58%), Fiber: 0.85g (3.38%), Vitamin B2: 0.04mg (2.5%), Potassium: 73.27mg (2.09%), Zinc: 0.31mg (2.05%), Vitamin E: 0.3mg (1.98%), Vitamin B1: 0.03mg (1.91%), Calcium: 17.55mg (1.76%), Folate: 7.03µg (1.76%), Vitamin B3: 0.26mg (1.31%), Vitamin B5: 0.1mg (1.04%)