



Alex's mega brownies

READY IN



45 min.

SERVINGS



16

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 100 g butter unsalted softened
- ☐ 175 g sugar
- ☐ 2 large eggs beaten
- ☐ 75 g flour plain
- ☐ 50 g cocoa powder
- ☐ 1 tsp double-acting baking powder
- ☐ 3 tbsp milk
- ☐ 4 tbsp milk chocolate chips mixed white
- ☐ 100 g chocolate

☐ 75 g cheese soft

Equipment

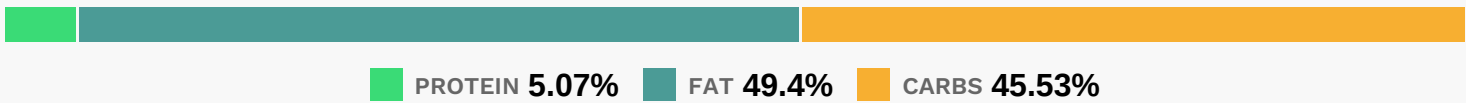
☐ oven

☐ whisk

Directions

- ☐ Heat oven to 180C/160C fan/gas 4 and line a 20cm square brownie tin with baking parchment. Beat the butter and sugar together with an electric whisk, then add the eggs one by one. Sift in the flour, cocoa powder and baking powder, and add the milk.
- ☐ Mix everything together, then stir in the chocolate chips. Spoon into the tin and level the top.
- ☐ Bake for 30 mins, or until the top is set, then cool completely. To make the topping, melt the milk chocolate, cool a little, then mix it with the soft cheese.
- ☐ Spread over the cooled brownies and cut into small squares these are very rich.

Nutrition Facts



Properties

Glycemic Index:21.54, Glycemic Load:11.88, Inflammation Score:-3, Nutrition Score:3.7869565020437%

Flavonoids

Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 188.73kcal (9.44%), Fat: 11.08g (17.05%), Saturated Fat: 6.59g (41.18%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 21.36g (7.77%), Sugar: 16.68g (18.54%), Cholesterol: 41.76mg (13.92%), Sodium: 57.68mg (2.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.31mg (3.77%), Protein: 2.56g (5.12%), Manganese: 0.19mg (9.29%), Copper: 0.17mg (8.41%), Selenium: 4.72µg (6.74%), Phosphorus: 65.22mg (6.52%), Fiber: 1.63g (6.51%), Magnesium: 25.4mg (6.35%), Vitamin B2: 0.09mg (5.48%), Iron: 0.98mg (5.43%), Vitamin A: 257.45IU (5.15%), Calcium: 38.89mg (3.89%), Folate: 13.31µg (3.33%), Zinc: 0.46mg (3.08%), Vitamin B1: 0.05mg (3.06%), Potassium: 102.16mg (2.92%), Vitamin B3: 0.4mg (2.01%), Vitamin E: 0.27mg (1.83%), Vitamin B5: 0.17mg (1.73%), Vitamin D: 0.25µg (1.66%), Vitamin B12: 0.09µg (1.53%), Vitamin B6: 0.02mg (1.18%)