



Amaretto Chocolate Brownies with Walnuts

READY IN

ready

60 min.

SERVINGS

servings

12

CALORIES

calories

571 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons amaretto
- ☐ 1 teaspoon double-acting baking powder
- ☐ 8 ounces bittersweet chocolate chips
- ☐ 4 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 12 servings powdered sugar for garnish
- ☐ 1 pinch salt
- ☐ 2 cups sugar
- ☐ 2 sticks butter unsalted plus more for pan

☐ 1.5 cups walnuts

Equipment

☐ baking paper

☐ oven

☐ whisk

☐ mixing bowl

☐ baking pan

☐ wooden spoon

☐ cutting board

Directions

☐ Preheat oven to 350 degrees F.

☐ Line a 9 by 9 square baking pan with parchment paper, making sure paper hangs over the edges. Grease paper with butter so the brownies don't stick. Melt butter and chocolate over a double-boiler and stir gently until smooth and shiny.

☐ Remove from the heat and cool slightly.

☐ Sift together flour, baking powder, and salt into a mixing bowl and set aside.

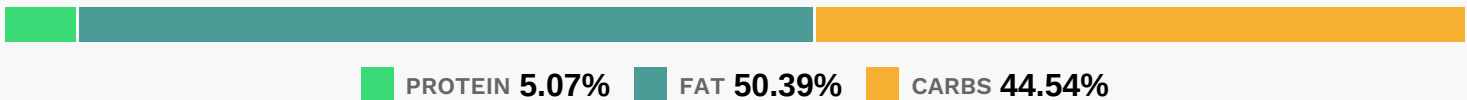
☐ Whisk together eggs, sugar and amaretto in a mixing bowl until combined.

☐ Pour in chocolate mixture and continue to whisk until combined. Gradually add flour mixture, then add walnuts and incorporate with a wooden spoon.

☐ Transfer batter to baking pan and bake for 40 to 45 minutes or until a cake tester comes out clean when inserted into the middle of the pan. When done, invert onto a cutting board, remove paper and cut into squares.

☐ Garnish with powdered sugar and serve.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:30.75, Inflammation Score:-5, Nutrition Score:9.3065217720426%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 571.3kcal (28.56%), Fat: 32.57g (50.11%), Saturated Fat: 16.6g (103.73%), Carbohydrates: 64.79g (21.6%), Net Carbohydrates: 62.74g (22.82%), Sugar: 48.83g (54.26%), Cholesterol: 102.68mg (34.23%), Sodium: 85.77mg (3.73%), Alcohol: 0.65g (100%), Alcohol %: 0.65% (100%), Protein: 7.37g (14.74%), Manganese: 0.62mg (31.11%), Selenium: 11.67µg (16.68%), Copper: 0.3mg (15.24%), Phosphorus: 133.45mg (13.35%), Folate: 50.53µg (12.63%), Vitamin B2: 0.21mg (12.39%), Vitamin B1: 0.18mg (11.91%), Vitamin A: 565.46IU (11.31%), Calcium: 107.43mg (10.74%), Zinc: 1.45mg (9.65%), Iron: 1.63mg (9.05%), Magnesium: 35.32mg (8.83%), Fiber: 2.05g (8.2%), Vitamin B6: 0.14mg (6.89%), Vitamin E: 1.02mg (6.79%), Potassium: 227.23mg (6.49%), Vitamin B3: 1.15mg (5.77%), Vitamin B5: 0.56mg (5.58%), Vitamin D: 0.62µg (4.11%), Vitamin B12: 0.23µg (3.89%), Vitamin K: 3.26µg (3.1%)