



 4%
HEALTH SCORE

Apple Walnut Brownies

READY IN



75 min.

SERVINGS



10

CALORIES



418 kcal

DESSERT

Ingredients

- 180 g baker's chocolate
- 40 g brown sugar
- 40 g brown sugar
- 120 g butter
- 0.5 tsp ground cinnamon
- 2 eggs
- 1 large apple shredded green ()
- 70 g self raising flour
- 150 g bittersweet chocolate

- 1 tsp vanilla extract
- 60 g walnuts toasted
- 100 g whipping cream

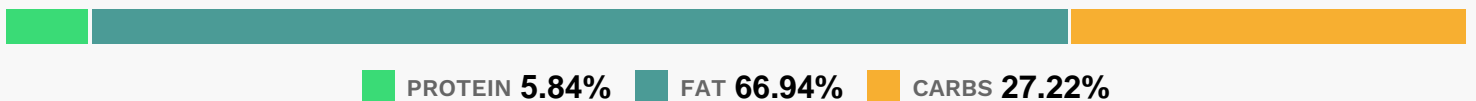
Equipment

- oven
- whisk
- mixing bowl
- cake form

Directions

- Preheat oven to 160C/320F. Line a rectangle cake pan.
- Combine butter and chopped baking chocolate over low heat until melted.
- Remove from heat and set aside to cool.
- Place eggs, brown sugar, and vanilla extract in a mixing bowl and beat till fluffy and add in the melted butter chocolate mixture, stir till well combined.
- Add self rising flour, cinnamon, walnuts, and green apple, mix well and pour into prepared cake pan.
- Bake in preheated oven for 40 to 45 minutes and leave cake to cool. Best to chill for at least one hour for easy spreading of the ganache cream. To make the chocolate ganache: bring the cream to just a boil over medium-high heat.
- Add in the semi-sweet chocolate pieces and blend well till chocolate melts.
- Whisk until creamy.
- Let cool and spread onto cake.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:4.19, Inflammation Score:-6, Nutrition Score:12.703913043478%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Catechin: 11.87mg, Catechin: 11.87mg, Catechin: 11.87mg, Catechin: 11.87mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 27.21mg, Epicatechin: 27.21mg, Epicatechin: 27.21mg, Epicatechin: 27.21mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Taste

Sweetness: 73.36%, Saltiness: 11.73%, Sourness: 16.67%, Bitterness: 9.65%, Savoriness: 9.78%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 417.69kcal (20.88%), Fat: 33.41g (51.4%), Saturated Fat: 18.26g (114.14%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 25.21g (9.17%), Sugar: 16.32g (18.13%), Cholesterol: 70.74mg (23.58%), Sodium: 100.95mg (4.39%), Caffeine: 27.3mg (9.1%), Protein: 6.56g (13.12%), Manganese: 1.25mg (62.41%), Copper: 0.9mg (44.76%), Iron: 4.58mg (25.44%), Magnesium: 100.45mg (25.11%), Fiber: 5.36g (21.45%), Zinc: 2.54mg (16.92%), Phosphorus: 167.54mg (16.75%), Selenium: 9.01µg (12.88%), Vitamin A: 515.67IU (10.31%), Potassium: 328.12mg (9.37%), Vitamin B2: 0.11mg (6.35%), Calcium: 58.14mg (5.81%), Vitamin E: 0.74mg (4.91%), Folate: 18.88µg (4.72%), Vitamin K: 4.73µg (4.5%), Vitamin B1: 0.07mg (4.49%), Vitamin B6: 0.08mg (3.82%), Vitamin B5: 0.34mg (3.38%), Vitamin B3: 0.56mg (2.79%), Vitamin B12: 0.14µg (2.36%), Vitamin D: 0.34µg (2.24%), Vitamin C: 1.17mg (1.42%)