



Art Park Brownies

READY IN



50 min.

SERVINGS



12

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 140 grams best-quality chocolate unsweetened
- ☐ 4 large eggs
- ☐ 1 cup flour sifted (4 oz/114 grams)
- ☐ 14 oz granulated sugar
- ☐ 2 ml salt
- ☐ 150 grams butter unsalted
- ☐ 10 ml vanilla

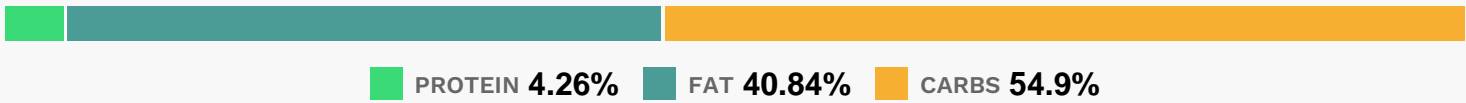
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F. Line a 9 inch square metal baking pan with non-stick foil or line with foil and spray bottom with cooking spray.Melt butter in a saucepan. Reduce heat to low and add chocolate. Stir until melted; set aside.Beat eggs and salt in mixer.
- ☐ Add sugar and beat at high speed for about 10 minutes, or until the mixture has more volume. Beat in vanilla
- ☐ Add chocolate / butter mixture and beat at very low speed or stir by hand just until mixed.
- ☐ Add flour and stir until there are no more white streaks.
- ☐ Pour batter into baking pan and put in oven.Immediately turn oven down to 350 degrees F. and bake for 40 minutes. (the normal toothpick test will not work on these brownies, but if you want to try pricking them with a toothpick, it should come out not quite clean.) Do not overbake; these brownies should be fudgy.Makes 12 brownies.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:31.57, Inflammation Score:-3, Nutrition Score:4.508695612783%

Nutrients (% of daily need)

Calories: 339.97kcal (17%), Fat: 15.92g (24.5%), Saturated Fat: 9.3g (58.13%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 47.24g (17.18%), Sugar: 39.2g (43.56%), Cholesterol: 88.88mg (29.63%), Sodium: 107.24mg (4.66%), Alcohol: 0.25g (100%), Alcohol %: 0.37% (100%), Caffeine: 7.7mg (2.57%), Protein: 3.74g (7.48%), Selenium: 9.3µg (13.28%), Vitamin B2: 0.17mg (9.82%), Vitamin A: 402.38IU (8.05%), Folate: 27.62µg (6.91%), Manganese: 0.14mg (6.85%), Phosphorus: 64.44mg (6.44%), Iron: 1.12mg (6.21%), Vitamin B1: 0.09mg (6.1%), Copper: 0.1mg (4.94%), Magnesium: 17.82mg (4.45%), Fiber: 0.92g (3.69%), Vitamin B3: 0.71mg (3.57%), Vitamin D: 0.52µg (3.47%), Vitamin

E: 0.5mg (3.34%), Vitamin B5: 0.32mg (3.23%), Zinc: 0.48mg (3.19%), Vitamin B12: 0.17µg (2.83%), Potassium: 72.74mg (2.08%), Vitamin B6: 0.04mg (1.92%), Calcium: 17.16mg (1.72%), Vitamin K: 1.69µg (1.61%)