



## BAKER'S ONE BOWL Brownies

 Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



195 kcal

DESSERT

### Ingredients

- 4 ounce baker's chocolate unsweetened
- 0.8 cup butter
- 3 eggs
- 1 cup flour
- 1 cup pecans coarsely chopped
- 2 cups sugar
- 1 teaspoon vanilla

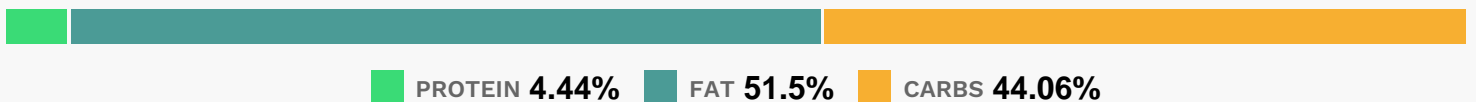
### Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- toothpicks
- aluminum foil
- microwave

## Directions

- Preheat oven to 350 degrees F. Line 13x9-inch baking pan with foil, with ends of foil extending over sides of pan. Grease foil.
- Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted. Stir in sugar. Blend in eggs and vanilla.
- Add flour and pecans; mix well.
- Spread into prepared pan.
- Bake 30 to 35 min. or until wooden toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool in pan on wire rack.
- Remove brownies from pan, using foil handles.
- Cut into squares. Store in tightly covered container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:6.46, Glycemic Load:14.53, Inflammation Score:-3, Nutrition Score:4.2130435138293%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 3.34mg, Catechin: 3.34mg, Catechin: 3.34mg, Catechin: 3.34mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg

Epicatechin: 6.74mg, Epicatechin: 6.74mg, Epicatechin: 6.74mg, Epicatechin: 6.74mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

## **Nutrients (% of daily need)**

Calories: 194.65kcal (9.73%), Fat: 11.78g (18.12%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 21.36g (7.77%), Sugar: 16.9g (18.77%), Cholesterol: 20.46mg (6.82%), Sodium: 76.12mg (3.31%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Caffeine: 3.78mg (1.26%), Protein: 2.28g (4.57%), Manganese: 0.42mg (21.03%), Copper: 0.22mg (10.75%), Iron: 1.27mg (7.07%), Selenium: 4.09µg (5.85%), Vitamin A: 285.75IU (5.72%), Magnesium: 22.48mg (5.62%), Fiber: 1.32g (5.28%), Vitamin B1: 0.08mg (5.2%), Zinc: 0.75mg (5.01%), Phosphorus: 48.48mg (4.85%), Vitamin B2: 0.07mg (3.94%), Folate: 14.42µg (3.6%), Vitamin E: 0.36mg (2.38%), Vitamin B3: 0.43mg (2.13%), Potassium: 72.85mg (2.08%), Vitamin B5: 0.16mg (1.57%), Calcium: 13.83mg (1.38%), Vitamin B6: 0.02mg (1.11%)