



BAKER'S ONE BOWL Brownies

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 4 oz baker's chocolate unsweetened
- ☐ 0.8 cup butter
- ☐ 3 eggs
- ☐ 1 cup flour
- ☐ 1 cup planters pecans coarsely chopped
- ☐ 2 cups sugar
- ☐ 1 tsp vanilla

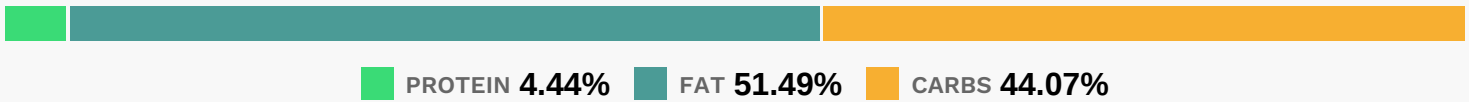
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 350F.
- ☐ Line 13x9-inch pan with Reynolds Wrap Aluminum Foil, with ends of foil extending over sides. Spray foil with cooking spray.
- ☐ 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 nuts; mix well.
- ☐ Pour into prepared pan.
- ☐ Bake 30 to 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool completely. Use foil handles to remove brownies from pan before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:6.97, Inflammation Score:-2, Nutrition Score:2.0221739242096%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 93.44kcal (4.67%), Fat: 5.65g (8.7%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 10.25g (3.73%), Sugar: 8.11g (9.01%), Cholesterol: 9.82mg (3.27%), Sodium: 36.54mg (1.59%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 1.1g (2.19%), Manganese: 0.2mg (10.1%), Copper: 0.1mg (5.16%), Iron: 0.61mg (3.39%), Selenium: 1.96µg (2.81%), Vitamin A: 137.16IU (2.74%), Magnesium: 10.79mg (2.7%), Fiber: 0.63g (2.54%), Vitamin B1: 0.04mg (2.5%), Zinc: 0.36mg (2.4%), Phosphorus: 23.27mg (2.33%), Vitamin B2: 0.03mg (1.89%), Folate: 6.92µg (1.73%), Vitamin E: 0.17mg (1.14%), Vitamin B3: 0.2mg (1.02%)