



## BAKER'S ONE BOWL Easter Egg Brownies

READY IN



80 min.

SERVINGS



24

CALORIES



273 kcal

DESSERT

### Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter
- 3 eggs
- 1 cup flour
- 24 servings candies assorted
- 2 cups sugar
- 1 tsp vanilla
- 1 cup planters walnuts chopped
- 24 servings decorating gels assorted

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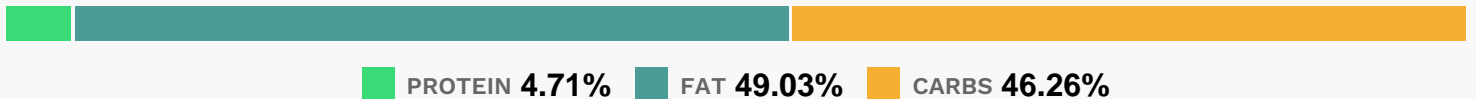
## Equipment

- bowl
- frying pan
- oven
- toothpicks
- aluminum foil
- cookie cutter
- microwave

## Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends extending over sides. Grease foil; set aside. Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted.
- Add sugar; mix well. Blend in eggs and vanilla. Stir in flour and nuts until well blended; spread 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 lift brownies from pan.
- Cut into egg shapes with 3-inch oval cookie cutter. Decorate with decorating gels and candies to resemble Easter eggs.

## Nutrition Facts



## Properties

Glycemic Index:8.96, Glycemic Load:14.58, Inflammation Score:-3, Nutrition Score:4.5060869688573%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

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

Calories: 273.21kcal (13.66%), Fat: 15.53g (23.9%), Saturated Fat: 7.82g (48.9%), Carbohydrates: 32.98g (10.99%), Net Carbohydrates: 31.32g (11.39%), Sugar: 26.25g (29.16%), Cholesterol: 37.96mg (12.65%), Sodium: 65.14mg (2.83%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Caffeine: 3.78mg (1.26%), Protein: 3.36g (6.72%), Manganese: 0.4mg (20.07%), Copper: 0.24mg (12.15%), Iron: 1.5mg (8.31%), Fiber: 1.66g (6.63%), Magnesium: 25.12mg (6.28%), Selenium: 4.25µg (6.07%), Phosphorus: 54mg (5.4%), Vitamin A: 241.55IU (4.83%), Zinc: 0.72mg (4.81%), Folate: 18.43µg (4.61%), Vitamin B1: 0.07mg (4.47%), Vitamin B2: 0.07mg (4.04%), Calcium: 32.7mg (3.27%), Potassium: 76.17mg (2.18%), Vitamin B3: 0.43mg (2.17%), Vitamin B6: 0.04mg (1.97%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.15mg (1.51%), Vitamin K: 1.12µg (1.07%), Vitamin B12: 0.06µg (1.02%)