



Basic Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 30 servings warm chocolate glaze
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 4 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Microwave butter and chocolate squares in a 1-quart microwave-safe bowl at HIGH 2 minutes or until both are melted, stirring once.
- ☐ Beat eggs at medium speed with an electric mixer; gradually add sugar, beating well.
- ☐ Add flour, salt, and vanilla, beating well. Stir in chocolate mixture, and, if desired, chopped walnuts.
- ☐ Pour batter into a lightly greased 13- x 9-inch pan.
- ☐ Bake at 325 for 40 to 45 minutes. Cool in pan on a wire rack.
- ☐ Spread with frosting, if desired, and cut into squares.
- ☐ Raspberry Brownies: Fold 1 cup fresh raspberries into Basic Brownies batter; pour into pan. Melt 1/2 cup raspberry jam; drizzle over batter, and swirl with a knife.
- ☐ Bake as directed.
- ☐ Sprinkle with sifted powdered sugar; cut into squares.
- ☐ Garnish with fresh raspberries and raspberry leaves, if desired.
- ☐ NOTE: For added interest, stir 1 cup of any of the following ingredients into Basic Brownie batter: butterscotch, peanut butter, semisweet or white chocolate morsels; candy-coated chocolate pieces; chopped candy bars or caramels; almond brickle chips; dried cherries.
- ☐ Bake as directed.

Nutrition Facts



 PROTEIN **4.16%**  FAT **35.91%**  CARBS **59.93%**

Properties

Glycemic Index:4.84, Glycemic Load:13.91, Inflammation Score:-3, Nutrition Score:3.5369565495006%

Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg

Nutrients (% of daily need)

Calories: 216.08kcal (10.8%), Fat: 8.91g (13.7%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 32.6g (11.85%), Sugar: 25.47g (28.3%), Cholesterol: 24.95mg (8.32%), Sodium: 121.7mg (5.29%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Caffeine: 3.02mg (1.01%), Protein: 2.32g (4.65%), Manganese: 0.22mg (10.96%), Selenium: 5.41µg (7.73%), Copper: 0.14mg (7.05%), Iron: 1.17mg (6.51%), Vitamin A: 308.76IU (6.18%), Vitamin B2: 0.09mg (5.15%), Vitamin B1: 0.08mg (5.02%), Folate: 19.67µg (4.92%), Phosphorus: 41.02mg (4.1%), Magnesium: 15.54mg (3.88%), Zinc: 0.52mg (3.46%), Fiber: 0.85g (3.41%), Vitamin B3: 0.56mg (2.78%), Vitamin E: 0.32mg (2.16%), Potassium: 57.64mg (1.65%), Vitamin B5: 0.16mg (1.59%), Calcium: 13.79mg (1.38%), Vitamin B12: 0.07µg (1.24%)