



Best Brownies

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



125 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 3 tablespoons butter softened
- ☐ 1 cup confectioners' sugar
- ☐ 2 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8-inch square pan.
- ☐ In a large saucepan, melt 1/2 cup butter.
- ☐ Remove from heat, and stir in sugar, eggs, and 1 teaspoon vanilla. Beat in 1/3 cup cocoa, 1/2 cup flour, salt, and baking powder.
- ☐ Spread batter into prepared pan.
- ☐ Bake in preheated oven for 25 to 30 minutes. Do not overcook.
- ☐ Combine 3 tablespoons softened butter, 3 tablespoons cocoa, honey, 1 teaspoon vanilla extract, and 1 cup confectioners' sugar. Stir until smooth. Frost brownies while they are still warm.

Nutrition Facts



Properties

Glycemic Index:21.21, Glycemic Load:11.46, Inflammation Score:-1, Nutrition Score:1.6052173807731%

Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 125.09kcal (6.25%), Fat: 2.86g (4.4%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 24.18g (8.79%), Sugar: 20.97g (23.3%), Cholesterol: 26.1mg (8.7%), Sodium: 68.27mg (2.97%),

Alcohol: 0.09g (100%), Alcohol %: 0.31% (100%), Protein: 1.31g (2.61%), Selenium: 3.3µg (4.72%), Manganese: 0.07mg (3.33%), Vitamin B2: 0.05mg (3.07%), Folate: 10.14µg (2.53%), Phosphorus: 24.06mg (2.41%), Iron: 0.43mg (2.4%), Copper: 0.05mg (2.36%), Vitamin B1: 0.03mg (2.25%), Vitamin A: 95.3IU (1.91%), Fiber: 0.46g (1.82%), Magnesium: 6.32mg (1.58%), Vitamin B3: 0.26mg (1.29%), Zinc: 0.17mg (1.13%), Vitamin B5: 0.11mg (1.08%)