



Best-Ever Brownies

 Vegetarian  Very Healthy

READY IN



220 min.

SERVINGS



1

CALORIES



8034 kcal

DESSERT

Ingredients

- 8 oz chocolate baking squares unsweetened chopped
- 1.5 cups butter
- 6 large eggs
- 2 cups flour all-purpose
- 1 tablespoon salt
- 4 cups sugar
- 1 tablespoon vanilla extract

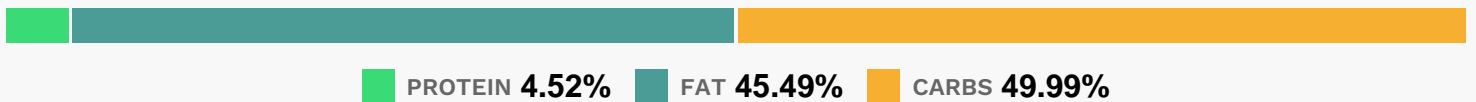
Equipment

- bowl
- frying pan
- oven
- double boiler
- aluminum foil

Directions

- Preheat oven to 35
- Line a 13- x 9-inch pan with aluminum foil, allowing 2 inches to extend over sides; lightly grease foil.
- Bring 1 inch of water to a simmer in bottom of a double boiler.
- Place chocolate and butter in top of double boiler. Cook, stirring occasionally, 5 to 6 minutes or until melted. Cool 10 minutes; transfer to a large bowl. Stir in sugar until blended. Stir in flour and next 3 ingredients just until blended.
- Pour batter into pan.
- Bake at 350 for 32 to 35 minutes or until set. Cool in pan 30 minutes. Freeze 2 hours; cut into squares or triangles. Press tops with gold leaf, if desired.
- Make-Ahead Tip: Freeze up to 2 months. If using gold leaf, add it just before serving.

Nutrition Facts



Properties

Glycemic Index:195.09, Glycemic Load:696.61, Inflammation Score:-10, Nutrition Score:75.664347938869%

Flavonoids

Catechin: 145.9mg, Catechin: 145.9mg, Catechin: 145.9mg, Catechin: 145.9mg Epicatechin: 321.67mg, Epicatechin: 321.67mg, Epicatechin: 321.67mg, Epicatechin: 321.67mg

Nutrients (% of daily need)

Calories: 8034.07kcal (401.7%), Fat: 428.33g (658.97%), Saturated Fat: 258.17g (1613.54%), Carbohydrates: 1059.26g (353.09%), Net Carbohydrates: 1014.86g (369.04%), Sugar: 804.1g (893.44%), Cholesterol: 1848.07mg (616.03%), Sodium: 9660.46mg (420.02%), Alcohol: 4.47g (100%), Alcohol %: 0.29% (100%), Caffeine: 181.44mg

(60.48%), Protein: 95.78g (191.57%), Manganese: 11.32mg (565.97%), Copper: 7.98mg (398.95%), Iron: 56.86mg (315.86%), Selenium: 203.44µg (290.63%), Magnesium: 841.17mg (210.29%), Vitamin A: 10129.09IU (202.58%), Zinc: 27.88mg (185.86%), Phosphorus: 1853.68mg (185.37%), Vitamin B2: 3.11mg (183.11%), Fiber: 44.4g (177.59%), Folate: 672.22µg (168.05%), Vitamin B1: 2.43mg (162.29%), Vitamin B3: 18.26mg (91.28%), Vitamin E: 12.11mg (80.71%), Potassium: 2682.31mg (76.64%), Vitamin B5: 6.45mg (64.54%), Vitamin B12: 3.25µg (54.15%), Calcium: 530.03mg (53%), Vitamin K: 47.48µg (45.22%), Vitamin D: 6µg (40%), Vitamin B6: 0.69mg (34.74%)