



WHATSheATE



Best ever chocolate raspberry brownies

 Popular

READY IN



50 min.

SERVINGS



15

CALORIES



402 kcal

DESSERT

Ingredients

- ☐ 200 g chocolate dark
- ☐ 100 g chocolate
- ☐ 250 g butter salted
- ☐ 400 g brown sugar light soft
- ☐ 4 large eggs
- ☐ 140 g flour plain
- ☐ 50 g cocoa powder
- ☐ 200 g raspberries

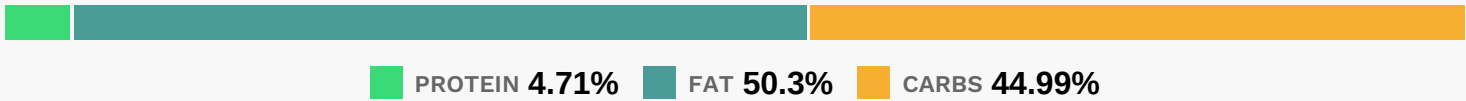
Equipment

- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line a 20 x 30cm baking tray tin with baking parchment.
- ☐ Put the chocolate, butter and sugar in a pan and gently melt, stirring occasionally with a wooden spoon.
- ☐ Remove from the heat.
- ☐ Stir the eggs, one by one, into the melted chocolate mixture. Sieve over the flour and cocoa, and stir in. Stir in half the raspberries, scrape into the tray, then scatter over the remaining raspberries.
- ☐ Bake on the middle shelf for 30 mins or, if you prefer a firmer texture, for 5 mins more. Cool before slicing into squares. Store in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:14.44, Glycemic Load:7.98, Inflammation Score:-5, Nutrition Score:9.0917390844096%

Flavonoids

Cyanidin: 6.1mg, Cyanidin: 6.1mg, Cyanidin: 6.1mg, Cyanidin: 6.1mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg Epigallocatechin:

0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 401.94kcal (20.1%), Fat: 23.38g (35.97%), Saturated Fat: 13.87g (86.71%), Carbohydrates: 47.05g (15.68%), Net Carbohydrates: 42.88g (15.59%), Sugar: 33.23g (36.92%), Cholesterol: 85.83mg (28.61%), Sodium: 138.32mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.73mg (7.58%), Protein: 4.93g (9.86%), Manganese: 0.59mg (29.72%), Copper: 0.45mg (22.38%), Iron: 3.19mg (17.69%), Fiber: 4.17g (16.69%), Magnesium: 63.89mg (15.97%), Selenium: 9.34µg (13.34%), Phosphorus: 120.75mg (12.07%), Vitamin A: 498.1IU (9.96%), Vitamin B2: 0.15mg (8.95%), Potassium: 253.32mg (7.24%), Zinc: 1.08mg (7.23%), Folate: 28.18µg (7.05%), Vitamin B1: 0.09mg (6.14%), Calcium: 53.93mg (5.39%), Vitamin E: 0.75mg (4.98%), Vitamin B3: 0.94mg (4.67%), Vitamin C: 3.49mg (4.23%), Vitamin B5: 0.41mg (4.12%), Vitamin K: 3.75µg (3.57%), Vitamin B12: 0.18µg (3.07%), Vitamin B6: 0.06mg (2.87%), Vitamin D: 0.27µg (1.78%)