



Best Friends Forever Brownies

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 3 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon sea salt fine (if you have sea salt, use it)
- ☐ 1.5 cups sugar
- ☐ 12 tablespoons butter unsalted cut into pieces
- ☐ 3 ounces baker's chocolate unsweetened chopped (100 percent cacao)
- ☐ 0.3 cup cocoa powder unsweetened (any type, as long as it's)
- ☐ 1.5 teaspoons vanilla extract pure

☐ 0.8 cup walnuts chopped

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ whisk

☐ aluminum foil

☐ spatula

Directions

☐ Heat oven to 325°F with rack in middle. Lightly grease or butter pan and line with crisscrossed sheets of parchment or foil, leaving a 1-inch overhang.

☐ Melt chocolate with butter in a large metal bowl set over a pan of simmering water, stirring occasionally, until smooth.

☐ Remove bowl from pan and let cool 5 minutes.

☐ Add sugar and whisk well.

☐ Add eggs, 1 at a time, whisking well after each addition, and whisk mixture vigorously until smooth and cohesive.

☐ Whisk in vanilla and salt.

☐ Add flour and cocoa and stir with whisk until incorporated and batter is smooth.

☐ Fold in nuts with a rubber spatula.

☐ Spread batter evenly in pan and bake until a wooden pick comes out clean, about 40 minutes.

☐ Cool brownies completely in pan on a rack.

☐ To remove them easily from the pan, use the parchment overhangs to lift the brownies, still on the parchment, from the pan.

☐ Cut brownies into serving pieces.

☐ •Brownies are best when made 1 day ahead and left uncut, but they will still be insanely delicious if made and consumed the same day. •Brownies keep 5 days, well wrapped in a cookie tin or plastic container, but I doubt there will be any left by then.

Nutrition Facts



PROTEIN 5.36% **FAT 56.02%** **CARBS 38.62%**

Properties

Glycemic Index:10.32, Glycemic Load:15.32, Inflammation Score:-4, Nutrition Score:5.560000034778%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg Epicatechin: 10.18mg, Epicatechin: 10.18mg, Epicatechin: 10.18mg, Epicatechin: 10.18mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 241.74kcal (12.09%), Fat: 16.05g (24.69%), Saturated Fat: 7.86g (49.11%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 23.04g (8.38%), Sugar: 19.03g (21.14%), Cholesterol: 57.45mg (19.15%), Sodium: 89.11mg (3.87%), Alcohol: 0.13g (100%), Alcohol %: 0.3% (100%), Caffeine: 7.34mg (2.45%), Protein: 3.46g (6.91%), Manganese: 0.49mg (24.59%), Copper: 0.33mg (16.28%), Iron: 1.63mg (9.05%), Magnesium: 34.99mg (8.75%), Selenium: 5.31µg (7.59%), Phosphorus: 75.43mg (7.54%), Fiber: 1.85g (7.41%), Vitamin A: 314.12IU (6.28%), Zinc: 0.93mg (6.22%), Vitamin B2: 0.09mg (5.08%), Folate: 19.16µg (4.79%), Vitamin B1: 0.06mg (4.17%), Potassium: 109.31mg (3.12%), Vitamin E: 0.41mg (2.7%), Vitamin B6: 0.05mg (2.53%), Vitamin D: 0.34µg (2.3%), Vitamin B5: 0.22mg (2.16%), Calcium: 21.09mg (2.11%), Vitamin B3: 0.41mg (2.03%), Vitamin B12: 0.1µg (1.69%), Vitamin K: 1.47µg (1.4%)