

Better than Grandma's Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter
- ☐ 4 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 6 ounce chocolate unsweetened
- ☐ 2 tablespoons vanilla extract
- ☐ 1.5 cups walnuts chopped
- ☐ 2.8 cups sugar white

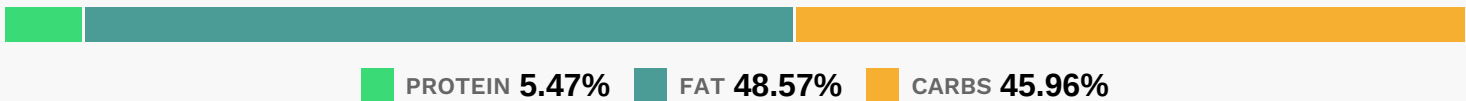
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ double boiler
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375 degrees F. Grease and flour a 9x13 inch baking pan.
- ☐ In double boiler over low heat, melt the chocolate and butter together, stirring frequently until smooth.
- ☐ Remove from heat and let cool.
- ☐ In a large mixing bowl, mix together eggs, vanilla, salt and sugar. Beat with an electric mixer for 8 to 10 minutes. Slowly pour in chocolate mixture and flour. Stir in the walnuts.
- ☐ Spread batter evenly in the prepared pan
- ☐ Bake for 17 to 20 minutes in the preheated oven, until the top is crackled.
- ☐ Let cool for 2 hours before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:20.42, Inflammation Score:-4, Nutrition Score:6.2121739384273%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 264.47kcal (13.22%), Fat: 15.08g (23.19%), Saturated Fat: 6.63g (41.43%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 30.22g (10.99%), Sugar: 23.32g (25.91%), Cholesterol: 42.53mg (14.18%), Sodium: 106.8mg (4.64%), Alcohol: 0.37g (100%), Alcohol %: 0.78% (100%), Caffeine: 5.67mg (1.89%), Protein: 3.82g (7.64%), Manganese: 0.6mg (30.19%), Copper: 0.36mg (18.22%), Iron: 1.95mg (10.84%), Magnesium: 37.6mg (9.4%), Selenium: 6.04µg (8.63%), Phosphorus: 78.38mg (7.84%), Fiber: 1.88g (7.51%), Zinc: 1.07mg (7.12%), Folate: 27.11µg (6.78%), Vitamin B1: 0.1mg (6.67%), Vitamin B2: 0.1mg (5.76%), Vitamin A: 218.34IU (4.37%), Vitamin B3: 0.65mg (3.26%), Potassium: 113.33mg (3.24%), Vitamin B6: 0.06mg (2.88%), Vitamin E: 0.33mg (2.17%), Calcium: 21.68mg (2.17%), Vitamin B5: 0.21mg (2.08%), Vitamin K: 1.43µg (1.36%), Vitamin B12: 0.08µg (1.29%)