



Bite-Size Brownies

READY IN



20 min.

SERVINGS



20

CALORIES



150 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 6 ounces chocolate chips dark (70 percent cacao)
- 2 large eggs
- 0.5 cup flour all-purpose
- 1 pinch salt
- 0.5 cup sugar
- 0.3 cup butter unsalted
- 1 teaspoon vanilla extract
- 1 cup walnuts chopped

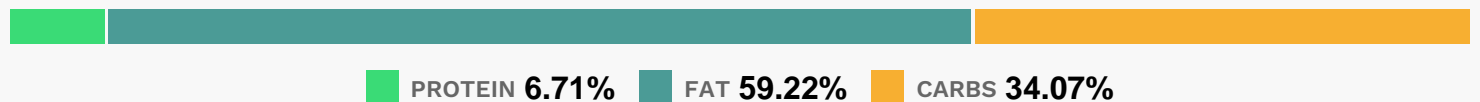
Equipment

- bowl
- frying pan
- oven
- double boiler
- hand mixer
- toothpicks

Directions

- Preheat oven to 350F. Grease an 8-inch square pan.
- Melt chocolate chips and butter over low heat in a double boiler or small metal bowl over simmering water.
- In a large bowl, using an electric mixer on medium speed, beat eggs with sugar until thick. Stir in flour, baking powder and salt.
- Add chocolate mixture and vanilla; stir well. Stir in walnuts.
- Pour batter into pan and bake until toothpick inserted in center comes out clean, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:12.85, Glycemic Load:5.32, Inflammation Score:-1, Nutrition Score:3.1782608764327%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 149.72kcal (7.49%), Fat: 10.08g (15.5%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 12.25g (4.45%), Sugar: 8.1g (9%), Cholesterol: 26.82mg (8.94%), Sodium: 29.4mg (1.28%), Alcohol: 0.07g (100%), Alcohol %: 0.28% (100%), Protein: 2.57g (5.13%), Manganese: 0.24mg (11.76%), Copper: 0.12mg (5.89%), Selenium: 3.39µg (4.84%), Phosphorus: 47.34mg (4.73%), Calcium: 41.63mg (4.16%), Folate: 15.7µg

(3.93%), Zinc: 0.57mg (3.81%), Vitamin B2: 0.06mg (3.8%), Vitamin B1: 0.06mg (3.68%), Magnesium: 13.72mg (3.43%), Fiber: 0.8g (3.2%), Iron: 0.53mg (2.93%), Vitamin B6: 0.05mg (2.63%), Potassium: 91.2mg (2.61%), Vitamin A: 123.57IU (2.47%), Vitamin E: 0.32mg (2.11%), Vitamin B5: 0.19mg (1.92%), Vitamin B3: 0.34mg (1.72%), Vitamin B12: 0.07µg (1.25%), Vitamin K: 1.1µg (1.05%), Vitamin D: 0.16µg (1.04%)