



Bittersweet Beachside Brownies

READY IN



65 min.

SERVINGS



12

CALORIES



676 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 pounds bittersweet chocolate chopped
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup brown sugar dark packed ()
- ☐ 6 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 cup butter unsalted ()
- ☐ 1.5 teaspoons vanilla extract

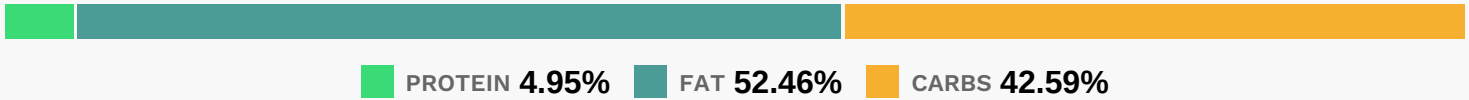
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a medium saucepan over medium-low heat, melt the chocolate with the butter, stirring occasionally. Set aside.
- ☐ In a large bowl, whisk together the eggs and both sugars. Stir in the melted chocolate and butter. Stir in the vanilla.
- ☐ In a separate bowl, combine the flour, baking soda, and cinnamon. Stir the flour mixture into the chocolate mixture until well combined.
- ☐ Grease a 13 by 9-inch pan with nonstick cooking spray or the tablespoon of butter.
- ☐ Pour the batter into the pan and bake for 30 to 40 minutes, until a toothpick comes out clean.
- ☐ Let the brownies cool to room temperature before cutting into 3-inch squares.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:17.35, Inflammation Score:-6, Nutrition Score:14.110434863878%

Nutrients (% of daily need)

Calories: 675.98kcal (33.8%), Fat: 39.64g (60.98%), Saturated Fat: 23.02g (143.85%), Carbohydrates: 72.4g (24.13%), Net Carbohydrates: 67.4g (24.51%), Sugar: 51.28g (56.98%), Cholesterol: 137.07mg (45.69%), Sodium: 71.67mg (3.12%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Caffeine: 48.76mg (16.25%), Protein: 8.42g

(16.84%), Manganese: 0.89mg (44.68%), Copper: 0.76mg (38.06%), Iron: 4.89mg (27.19%), Magnesium: 108.37mg (27.09%), Selenium: 18.22µg (26.03%), Phosphorus: 219.15mg (21.91%), Fiber: 5g (20.01%), Vitamin B2: 0.23mg (13.44%), Zinc: 1.96mg (13.07%), Vitamin A: 636.32IU (12.73%), Potassium: 402.97mg (11.51%), Folate: 41.1µg (10.27%), Vitamin B1: 0.15mg (10.12%), Vitamin B3: 1.45mg (7.24%), Calcium: 72.27mg (7.23%), Vitamin E: 1.05mg (6.98%), Vitamin B5: 0.67mg (6.67%), Vitamin B12: 0.36µg (5.95%), Vitamin K: 5.55µg (5.29%), Vitamin D: 0.78µg (5.22%), Vitamin B6: 0.08mg (3.85%)