



Bittersweet Chocolate-Cherry Brownies

 Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



144 kcal

DESSERT

Ingredients

- ☐ 6 ounce bittersweet chocolate chopped
- ☐ 1 cup cherries fresh pitted quartered
- ☐ 0.5 cup brown sugar dark packed
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup cocoa powder unsweetened

☐ 1 teaspoon vanilla

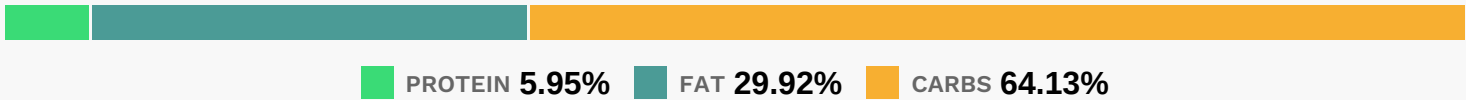
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Butter a 8×8–inch baking pan and line with buttered parchment paper. Preheat oven to 350 degrees. In top of a double boiler set over barely simmering water, or on low power in a microwave, melt 1 stick butter and chocolate together. Cool slightly. In a large bowl, whisk eggs until frothy.
- ☐ Whisk in salt, both sugars and vanilla.
- ☐ Add the chocolate mixture to the bowl, stir to combine. Sift in the flour and cocoa, fold together until barely combined. Fold in the cherries.
- ☐ Spread batter into prepared pan.
- ☐ Bake for 30 minutes or until shiny and beginning to crack on top. Cool in pan on rack.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:6.78, Inflammation Score:-2, Nutrition Score:3.5804347603217%

Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 144.12kcal (7.21%), Fat: 4.93g (7.58%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 22.12g (8.04%), Sugar: 18g (20%), Cholesterol: 23.89mg (7.96%), Sodium: 48.64mg (2.11%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Caffeine: 12.23mg (4.08%), Protein: 2.2g (4.41%), Manganese: 0.23mg (11.61%), Copper: 0.2mg (10.14%), Magnesium: 28.62mg (7.16%), Iron: 1.23mg (6.85%), Fiber: 1.63g (6.54%), Selenium: 4.45µg (6.35%), Phosphorus: 56.2mg (5.62%), Vitamin B2: 0.06mg (3.56%), Potassium: 122.3mg (3.49%), Zinc: 0.49mg (3.27%), Folate: 10.93µg (2.73%), Vitamin B1: 0.04mg (2.66%), Calcium: 19.34mg (1.93%), Vitamin B3: 0.38mg (1.88%), Vitamin B5: 0.17mg (1.75%), Vitamin B12: 0.07µg (1.25%), Vitamin B6: 0.02mg (1.23%)