



Black and Tan Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups brown sugar packed
- ☐ 4 tablespoons butter
- ☐ 6 tablespoons butter softened
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 cup porter

- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 3 ounces baker's chocolate unsweetened finely chopped
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ microwave
- ☐ spatula
- ☐ measuring cup

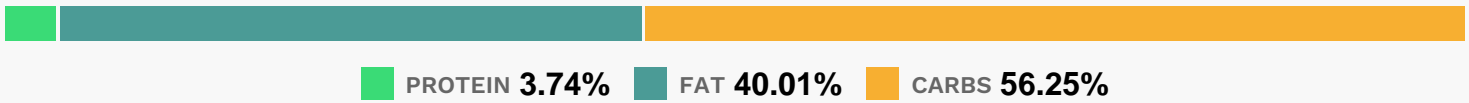
Directions

- ☐ Place one rack in lower third of oven; place another rack in center of oven. Preheat oven to 350.
- ☐ To prepare Tan Brownies, place 6 tablespoons butter and brown sugar in a medium bowl; beat with a mixer at medium speed until light and fluffy. Beat in 2 eggs and 1 teaspoon vanilla. Weigh or lightly spoon 5 ounces (about 1 cup) flour into a dry measuring cup; level with a knife.
- ☐ Combine 5 ounces flour, baking powder, and 1/4 teaspoon salt, stirring well.
- ☐ Add flour mixture and pecans to sugar mixture, beating just until combined. Spoon into a 13 x 9 inch baking pan coated with cooking spray, spreading evenly with a knife or rubber spatula.
- ☐ Bake at 350 in lower third of oven for 15 minutes.
- ☐ To prepare Black Brownies, melt chocolate and 4 tablespoons butter in a large microwave-safe bowl on HIGH for 1 minute or until melted, stirring after every 20 seconds until smooth.

- ☐
- Add granulated sugar, stirring until well combined.

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Nutrition Facts



Properties

Glycemic Index:10.85, Glycemic Load:6.56, Inflammation Score:-2, Nutrition Score:2.5239130331446%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 141.35kcal (7.07%), Fat: 6.52g (10.03%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 19.92g (7.24%), Sugar: 16.37g (18.19%), Cholesterol: 21.03mg (7.01%), Sodium: 67.66mg (2.94%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.37g (2.74%), Manganese: 0.22mg (11.11%), Copper: 0.12mg (5.98%), Iron: 0.83mg (4.63%), Selenium: 2.77µg (3.96%), Magnesium: 13.05mg (3.26%), Vitamin B1: 0.05mg (3.15%), Phosphorus: 29.96mg (3%), Fiber: 0.71g (2.84%), Zinc: 0.41mg (2.72%), Vitamin A: 127.16IU (2.54%), Folate: 9.97µg (2.49%), Vitamin B2: 0.04mg (2.43%), Calcium: 23.25mg (2.33%), Vitamin B3: 0.3mg (1.51%), Potassium: 52.64mg (1.5%), Vitamin E: 0.17mg (1.14%), Vitamin B5: 0.1mg (1.03%)