



Boardwalk Brownies

READY IN



45 min.

SERVINGS



32

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 32 servings m&ms and chocolate chips mini for garnish
- ☐ 1 cup plus light
- ☐ 6 large eggs room temperature
- ☐ 9 ounces flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 1 cup brown sugar light packed
- ☐ 1 teaspoon salt only if using butter unsalted salted
- ☐ 8 ounces butter unsalted salted
- ☐ 1.1 cups cocoa powder unsweetened

- ☐ 1.5 teaspoons vanilla extract
- ☐ 6 tablespoons vegetable oil

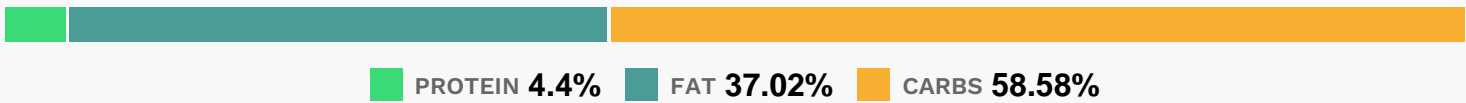
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ Preheat the oven to 350 degrees F. Line a 9×13 inch pan with nonstick foil or parchment paper.In the bowl of a stand mixer with a paddle attached, beat the butter, salt (if using), both sugars, cocoa powder, corn syrup and vanilla until well mixed, scraping sides of bowl often.With mixer on lowest speed, add the eggs one at a time, stirring just until mixed.
- ☐ Add the oil and stir until incorporated, then stir in the flour, scraping bowl. This takes some elbow grease because there’s a lot of batter and it tends to stick to the bottom of the bowl.
- ☐ Spread the batter in the pan and bake at 350 degrees F. for 45 to 50 minutes or until brownies appear set.
- ☐ Sprinkle some M&Ms and chocolate chips over the hot brownies. They should melt a little and adhere. If not, you can drizzle melted chocolate over the brownies later and THEN add the toppings.
- ☐ Let cool at room temperature, then chill for at least 3 hours before slicing. I’m convinced brownies taste better the second day, but that’s just me.
- ☐ Cut into 16 large or 32 small brownies. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:14.68, Inflammation Score:-3, Nutrition Score:3.9886956525886%

Flavonoids

Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epicatechin: 5.94mg, Epicatechin: 5.94mg, Epicatechin: 5.94mg, Epicatechin: 5.94mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 233.55kcal (11.68%), Fat: 10.11g (15.55%), Saturated Fat: 4.77g (29.84%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 34.64g (12.6%), Sugar: 28.05g (31.17%), Cholesterol: 50.11mg (16.7%), Sodium: 23.59mg (1.03%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.95mg (2.32%), Protein: 2.7g (5.4%), Manganese: 0.18mg (9.04%), Selenium: 6.32µg (9.03%), Copper: 0.14mg (6.94%), Iron: 1.01mg (5.63%), Vitamin B2: 0.09mg (5.58%), Fiber: 1.34g (5.37%), Phosphorus: 51.87mg (5.19%), Folate: 20.38µg (5.1%), Vitamin K: 5.31µg (5.06%), Vitamin B1: 0.08mg (5.04%), Magnesium: 19.11mg (4.78%), Vitamin A: 227.74IU (4.55%), Vitamin E: 0.49mg (3.29%), Zinc: 0.44mg (2.96%), Vitamin B3: 0.58mg (2.88%), Potassium: 82.62mg (2.36%), Vitamin B5: 0.2mg (2.05%), Calcium: 20.04mg (2%), Vitamin D: 0.29µg (1.96%), Vitamin B12: 0.1µg (1.59%), Vitamin B6: 0.03mg (1.34%)