

Brooke's Best Bombshell Brownies



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READY IN

ready

50 min.

SERVINGS

servings

24

CALORIES

calories

256 kcal

DESSERT

Ingredients

- ☐ 1 cup butter melted
- ☐ 4 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 1 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 3 cups sugar white

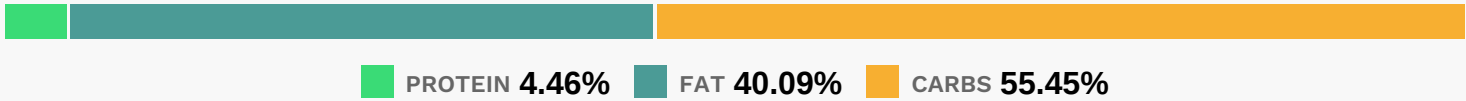
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 baking dish.
- ☐ Combine the melted butter, sugar, and vanilla in a large bowl. Beat in the eggs, one at a time, mixing well after each, until thoroughly blended.
- ☐ Sift the flour, cocoa powder, and salt in a bowl. Gradually stir flour mixture into the egg mixture until blended. Stir in the chocolate morsels.
- ☐ Spread the batter evenly into the prepared baking dish.
- ☐ Bake in preheated oven until an inserted toothpick comes out clean, 35 to 40 minutes.
- ☐ Remove, and cool pan on wire rack before cutting.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:21.77, Inflammation Score:-3, Nutrition Score:4.8008695426195%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 256.15kcal (12.81%), Fat: 11.89g (18.29%), Saturated Fat: 7.04g (44.03%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 34.86g (12.68%), Sugar: 27.89g (30.99%), Cholesterol: 48.07mg (16.02%), Sodium: 170.08mg (7.39%), Alcohol: 0.19g (100%), Alcohol %: 0.38% (100%), Caffeine: 14.69mg (4.9%), Protein: 2.97g (5.95%), Manganese: 0.29mg (14.73%), Copper: 0.25mg (12.41%), Selenium: 6.29µg (8.98%), Fiber: 2.14g (8.55%), Magnesium: 33.94mg (8.48%), Iron: 1.48mg (8.22%), Phosphorus: 71.06mg (7.11%), Vitamin A: 279.71IU (5.59%), Vitamin B2: 0.09mg (5.46%), Folate: 19.17µg (4.79%), Vitamin B1: 0.07mg (4.67%), Zinc: 0.6mg (4.03%), Potassium: 119.06mg (3.4%), Vitamin B3: 0.61mg (3.07%), Vitamin E: 0.35mg (2.33%), Vitamin B5: 0.19mg (1.89%), Calcium: 17.15mg (1.72%), Vitamin B12: 0.09µg (1.58%), Vitamin K: 1.34µg (1.27%), Vitamin B6: 0.02mg (1.16%)