



Brownie Hearts

 Vegetarian  Vegan  Dairy Free

READY IN



155 min.

SERVINGS



7

CALORIES



304 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 1 serving vegetable oil for on brownie mix box
- 1 teaspoon cocoa powder unsweetened

Equipment

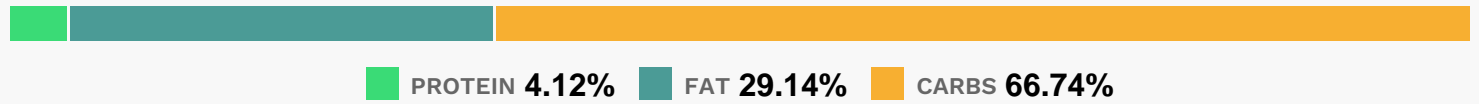
- frying pan
- oven
- wire rack
- sieve

- toothpicks
- aluminum foil
- cookie cutter

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Line 8-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray. Make brownie batter as directed on box.
- Spread in pan.
- Bake 35 to 38 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely on cooling rack, about 1 1/2 hours. Freeze in pan 15 minutes.
- Using foil to lift, remove brownies from pan, and peel foil away. With deep 2 1/2-inch heart-shaped cookie cutter, cut 7 brownies. Save leftover pieces for snacking.
- Arrange brownies on serving plate. With small strainer, sprinkle brownies and plate with cocoa.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.69999998192424%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 303.77kcal (15.19%), Fat: 9.86g (15.17%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 50.82g (16.94%), Net Carbohydrates: 50.77g (18.46%), Sugar: 32.14g (35.71%), Cholesterol: 0mg (0%), Sodium: 189.24mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Iron: 1.84mg (10.23%), Vitamin K: 3.68µg (3.51%), Vitamin E: 0.16mg (1.09%)