



Brownie Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



790 kcal

DESSERT

Ingredients

- 0.8 cup cocoa powder good
- 4 extra large eggs at room temperature
- 0.5 cup flour all-purpose
- 1 tablespoon framboise liqueur
- 2 cups sugar
- 0.5 pound butter unsalted for buttering the dish (2 sticks)
- 1 seeds scraped from vanilla bean
- 6 servings whipped cream for serving

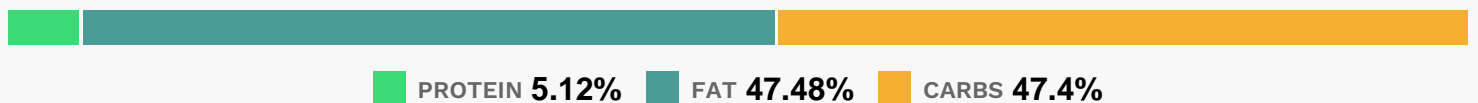
Equipment

- bowl
- frying pan
- oven
- blender
- baking pan
- hand mixer

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F. Lightly butter a 2-quart (9 by 12 by 2-inch) oval baking dish. Melt the 1/2 pound of butter and set aside to cool.
- In the bowl of an electric mixer fitted with the paddle attachment, beat the eggs and sugar on medium-high speed for 5 to 10 minutes, until very thick and light yellow. Meanwhile, sift the cocoa powder and flour together and set aside.
- When the egg and sugar mixture is ready, reduce the speed to low and add the vanilla seeds, framboise, if using, and the cocoa powder and flour mixture.
- Mix only until combined. With mixer still on low, slowly pour in the cooled butter and mix again just until combined.
- Pour the brownie mixture into the prepared dish and place it in a larger baking pan.
- Add enough of the hottest tap water to the pan to come halfway up the side of the dish and bake for exactly 1 hour. A cake tester inserted 2 inches from the side will come out 3/4 clean. The center will appear very under-baked; this dessert is between a brownie and a pudding.
- Allow to cool and serve with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:34.35, Glycemic Load:61.51, Inflammation Score:-7, Nutrition Score:13.741739126651%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 789.78kcal (39.49%), Fat: 43.39g (66.75%), Saturated Fat: 25.95g (162.21%), Carbohydrates: 97.45g (32.48%), Net Carbohydrates: 92.73g (33.72%), Sugar: 81.71g (90.79%), Cholesterol: 249.19mg (83.06%), Sodium: 113.3mg (4.93%), Alcohol: 0.65g (100%), Alcohol %: 0.35% (100%), Caffeine: 25.38mg (8.46%), Protein: 10.52g (21.04%), Vitamin A: 1424.07IU (28.48%), Selenium: 18.5µg (26.43%), Vitamin B2: 0.43mg (25.42%), Manganese: 0.5mg (25.19%), Phosphorus: 242.6mg (24.26%), Copper: 0.48mg (23.81%), Fiber: 4.72g (18.88%), Magnesium: 70.49mg (17.62%), Iron: 2.73mg (15.18%), Calcium: 130.47mg (13.05%), Zinc: 1.78mg (11.89%), Folate: 44.48µg (11.12%), Vitamin B12: 0.65µg (10.9%), Vitamin B5: 1.07mg (10.7%), Potassium: 368.56mg (10.53%), Vitamin E: 1.48mg (9.89%), Vitamin D: 1.45µg (9.64%), Vitamin B1: 0.13mg (8.94%), Vitamin B6: 0.11mg (5.68%), Vitamin B3: 0.97mg (4.87%), Vitamin K: 3.26µg (3.1%)