



Brownie Squares

READY IN



45 min.

SERVINGS



72

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 10.5 oz fine-quality bittersweet chocolate unsweetened chopped (not)
- ☐ 0.3 cup dutch-process cocoa powder unsweetened
- ☐ 3 large eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 1.5 cups brown sugar light packed
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup butter unsalted
- ☐ 1.3 teaspoons vanilla
- ☐ 1.5 cups walnuts cooled toasted coarsely chopped (6 oz; optional)

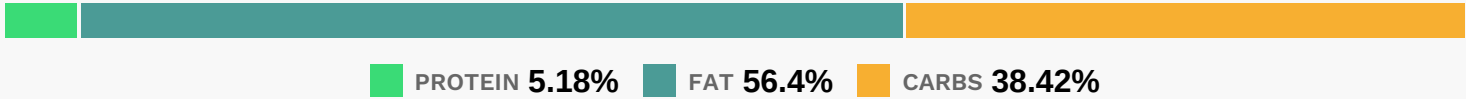
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ wax paper

Directions

- ☐ Grease a 13- by 9-inch metal baking pan, then line with foil, leaving a 2-inch overhang on both ends, and grease foil.
- ☐ Follow recipe for basic butter cookies to make dough (do not chill), then press dough evenly onto bottom of baking pan, using plastic wrap on top to prevent dough from sticking to your fingers, and chill until firm, about 20 minutes.
- ☐ While crust chills, put oven rack in middle position and preheat oven to 375°F.
- ☐ Bake until golden brown, about 30 minutes. Cool crust in pan on a rack 20 minutes. (Leave oven on.)
- ☐ Melt butter and chocolate with brown sugar in a 3-quart heavy saucepan over moderate heat, stirring occasionally, until smooth.
- ☐ Remove from heat, then whisk in eggs and vanilla until combined well.
- ☐ Whisk in flour, cocoa, and salt, then stir in walnuts (if using).
- ☐ Spread brownie batter over cooled crust and bake until set, about 20 minutes. Cool completely in pan on rack, about 1 1/2 hours.
- ☐ Run a heavy knife under hot water and wipe dry, then cut confection into 1-inch squares.
- ☐ Squares keep, layered between sheets of wax paper or parchment, in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:1.32, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:1.8352173816251%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 82.85kcal (4.14%), Fat: 5.34g (8.22%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 7.55g (2.75%), Sugar: 6.05g (6.73%), Cholesterol: 13.08mg (4.36%), Sodium: 29.28mg (1.27%), Alcohol: 0.02g (100%), Alcohol %: 0.17% (100%), Caffeine: 4.24mg (1.41%), Protein: 1.1g (2.21%), Manganese: 0.16mg (8.11%), Copper: 0.11mg (5.38%), Magnesium: 13.62mg (3.41%), Iron: 0.5mg (2.8%), Phosphorus: 27.66mg (2.77%), Fiber: 0.64g (2.56%), Selenium: 1.67µg (2.38%), Zinc: 0.24mg (1.63%), Folate: 5.96µg (1.49%), Vitamin A: 72.9IU (1.46%), Potassium: 49.77mg (1.42%), Vitamin B1: 0.02mg (1.4%), Vitamin B2: 0.02mg (1.37%), Calcium: 11.09mg (1.11%), Vitamin B6: 0.02mg (1.05%)