



Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 90 grams all purpose flour
- ☐ 0.3 cup extra chocolate chips dark chopped (or use 2 ounces chocolate)
- ☐ 15 grams natural cocoa powder unsweetened
- ☐ 1.5 tablespoons corn syrup blended light with 3 tablespoons lukewarm water
- ☐ 86 grams chocolate dark coarsely chopped
- ☐ 1 large eggs cold
- ☐ 50 grams granulated sugar
- ☐ 0.5 cup pecans toasted chopped
- ☐ 73 grams powdered sugar

- ☐ 0.1 teaspoon salt
- ☐ 21 grams butter unsalted
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees. Line an 8×8 baking pan with nonstick foil or line with regular foil and spray with cooking spray. Melt the butter in a medium size saucepan.
- ☐ Add chocolate to the hot butter and remove from heat. Stir, using residual heat from chocolate, until it is melted and smooth. If the chocolate doesn't melt completely, return it to a very low heat. When melted, stir in the cocoa powder, then stir in the sugar and the corn syrup/water mixture.
- ☐ Add the vanilla, salt, and egg and beat with a spoon just until mixed.
- ☐ Combine the flour and powdered sugar and stir into the batter. Make sure the batter is cool, then add the chocolate chips and nuts.
- ☐ Pour the batter into the pan and spread evenly.
- ☐ Bake for 22-24 minutes until a toothpick inserted in the center comes out mostly clean.
- ☐ Let cool completely on a wire rack for at least 2 hours.
- ☐ Remove the brownies from the pan by lifting the foil, then cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:12.32, Glycemic Load:6.04, Inflammation Score:-2, Nutrition Score:3.8000000018788%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 149.48kcal (7.47%), Fat: 7.48g (11.51%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 17.67g (6.43%), Sugar: 11.98g (13.31%), Cholesterol: 14.65mg (4.88%), Sodium: 29.59mg (1.29%), Alcohol: 0.17g (100%), Alcohol %: 0.64% (100%), Caffeine: 6.46mg (2.15%), Protein: 2.21g (4.41%), Manganese: 0.34mg (17%), Copper: 0.19mg (9.48%), Iron: 1.23mg (6.81%), Fiber: 1.55g (6.22%), Magnesium: 24.12mg (6.03%), Selenium: 3.76µg (5.38%), Vitamin B1: 0.08mg (5.04%), Phosphorus: 50.2mg (5.02%), Zinc: 0.62mg (4.13%), Vitamin B2: 0.06mg (3.65%), Folate: 13.64µg (3.41%), Potassium: 101.95mg (2.91%), Vitamin B3: 0.49mg (2.47%), Calcium: 22.19mg (2.22%), Vitamin B5: 0.16mg (1.57%), Vitamin E: 0.21mg (1.37%), Vitamin B6: 0.02mg (1.16%), Vitamin A: 54.05IU (1.08%)