



Brownies Baked In A Jar

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



640 kcal

DESSERT

Ingredients

- 3 tablespoons baking cocoa
- 0.5 teaspoon baking soda
- 0.3 cup butter softened
- 0.3 cup buttermilk room temperature
- 0.3 teaspoon cinnamon
- 1 eggs beaten
- 1 cup flour all-purpose
- 1 cup sugar

- 0.5 teaspoon vanilla extract
- 0.3 cup water
- 3 jars wide-mouth canning and lids (1-pint)

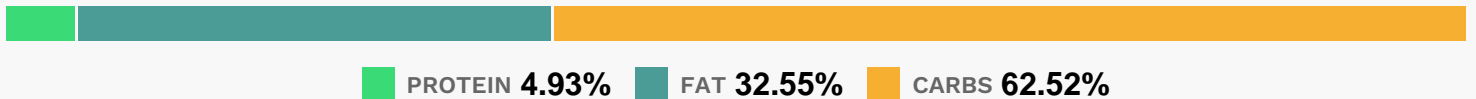
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Combine first 4 ingredients in a medium bowl. Beat butter at medium speed with an electric mixer until creamy; add water and next 4 ingredients, beating until combined.
- Add flour mixture, mixing until just blended. Divide batter equally among buttered jars; wipe rims. Each jar should be slightly less than half full.
- Place jars on a jelly-roll pan in center of oven; bake, uncovered, at 325 for 40 minutes. Wipe rims; cover with metal lids and screw on bands. Set aside to cool.TIP: Give Brownies
- Baked in a Jar with whimsical sundae dishes, colorful spoons and a sampling of ice-cream toppings...a treat to beat the summer heat!

Nutrition Facts



Properties

Glycemic Index:91.7, Glycemic Load:70.15, Inflammation Score:-6, Nutrition Score:11.1678260828%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 640.12kcal (32.01%), Fat: 23.87g (36.72%), Saturated Fat: 14.28g (89.27%), Carbohydrates: 103.12g (34.37%), Net Carbohydrates: 100.02g (36.37%), Sugar: 67.89g (75.43%), Cholesterol: 111.83mg (37.28%), Sodium: 390.23mg (16.97%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 11.5mg (3.83%), Protein: 8.14g (16.27%), Selenium: 21.53µg (30.76%), Manganese: 0.52mg (26.14%), Vitamin B1: 0.35mg (23.29%), Folate: 86.8µg (21.7%), Vitamin B2: 0.34mg (20.13%), Iron: 2.96mg (16.46%), Vitamin A: 743.6IU (14.87%), Copper: 0.28mg (13.84%), Phosphorus: 136.35mg (13.63%), Vitamin B3: 2.63mg (13.17%), Fiber: 3.1g (12.39%), Magnesium: 39.34mg (9.83%), Zinc: 0.95mg (6.34%), Vitamin B5: 0.53mg (5.34%), Calcium: 53.27mg (5.33%), Vitamin E: 0.79mg (5.27%), Potassium: 179.35mg (5.12%), Vitamin B12: 0.27µg (4.47%), Vitamin D: 0.56µg (3.71%), Vitamin B6: 0.06mg (2.99%), Vitamin K: 2.18µg (2.07%)