

Brownies I

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.7 cup butter
- ☐ 4 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 6 ounce chocolate unsweetened
- ☐ 0.5 cup walnuts chopped
- ☐ 2 cups sugar white

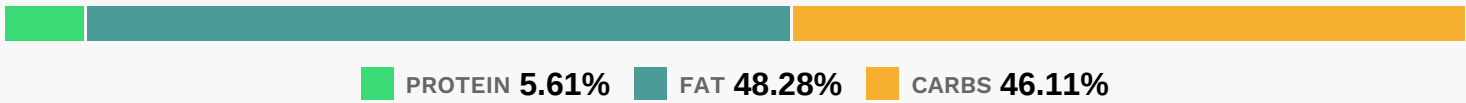
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9 x 13 inch pan.
- ☐ Melt the chocolate and butter in the top of a double-boiler, stirring sporadically. When melted and combined, add the sugar and eggs, and stir until combined. Sift the flour, salt, and baking powder into the pan; stir until combined. Stir in the nuts (or raisins, or M&M candies, or toffee bits, etc.).
- ☐ Spread the batter in the pan, smoothing it into the corners.
- ☐ Bake for about 35 minutes, but don't let it over-bake. Cool before cutting.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:15.31, Inflammation Score:-3, Nutrition Score:4.9395651626198%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 195.1kcal (9.75%), Fat: 11.23g (17.27%), Saturated Fat: 5.92g (37.02%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 22.6g (8.22%), Sugar: 16.81g (18.68%), Cholesterol: 40.84mg (13.61%), Sodium: 167.57mg (7.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.67mg (1.89%), Protein: 2.93g (5.87%), Manganese: 0.43mg (21.3%), Copper: 0.28mg (14.19%), Iron: 1.76mg (9.8%), Selenium: 5.32µg (7.59%), Magnesium: 29.51mg (7.38%), Phosphorus: 63.5mg (6.35%), Fiber: 1.52g (6.06%), Zinc: 0.91mg (6.04%), Folate: 19.92µg (4.98%), Vitamin B1: 0.07mg (4.87%), Vitamin B2: 0.08mg (4.81%), Vitamin A: 197.66IU (3.95%), Calcium: 26.16mg (2.62%), Vitamin B3: 0.52mg (2.58%), Potassium: 88.56mg (2.53%), Vitamin E: 0.27mg (1.82%), Vitamin B5: 0.17mg (1.74%), Vitamin B6: 0.03mg (1.53%), Vitamin B12: 0.08µg (1.27%), Vitamin K: 1.24µg (1.18%)