

Brownies IV

READY IN



50 min.

SERVINGS



20

CALORIES



180 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 4 eggs
- 1.8 cups flour all-purpose
- 6 ounce bittersweet chocolate
- 1 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 1.5 cups sugar white

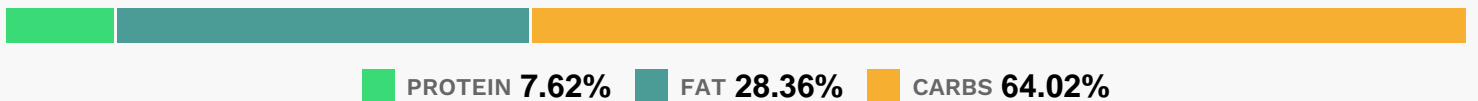
Equipment

- bowl
- frying pan
- oven
- double boiler
- baking pan
- toothpicks
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x9 inch baking pan.
- In a medium bowl, cream together the sugar and 1 1/2 cups of butter until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla.
- Combine the flour and cocoa powder, stir into the creamed mixture until just blended.
- Spread evenly into the prepared pan.
- Bake for 35 to 40 minutes in the preheated oven, until a toothpick inserted into the center comes out clean.
- Combine the semisweet chocolate and remaining 2 tablespoons butter in a small bowl.
- Heat in the microwave or over a double boiler, stirring frequently until smooth.
- Spread over brownies when cool.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:16.51, Inflammation Score:-3, Nutrition Score:5.4965216776599%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 180.38kcal (9.02%), Fat: 5.97g (9.19%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 27.78g (10.1%), Sugar: 18.28g (20.31%), Cholesterol: 36.26mg (12.09%), Sodium: 23.66mg (1.03%), Alcohol: 0.14g (100%), Alcohol %: 0.35% (100%), Caffeine: 17.2mg (5.73%), Protein: 3.61g (7.23%), Manganese: 0.36mg (17.81%), Copper: 0.29mg (14.63%), Selenium: 7.84µg (11.2%), Fiber: 2.57g (10.27%), Iron: 1.8mg (10.03%), Magnesium: 39.96mg (9.99%), Phosphorus: 83.27mg (8.33%), Vitamin B2: 0.11mg (6.62%), Folate: 25.57µg (6.39%), Vitamin B1: 0.1mg (6.37%), Zinc: 0.71mg (4.74%), Vitamin B3: 0.82mg (4.1%), Potassium: 138.66mg (3.96%), Vitamin B5: 0.22mg (2.21%), Calcium: 17.88mg (1.79%), Vitamin A: 86.76IU (1.74%), Vitamin B12: 0.1µg (1.6%), Vitamin B6: 0.03mg (1.39%), Vitamin E: 0.19mg (1.24%), Vitamin D: 0.18µg (1.17%)