



Brownies with Fudge Icing

READY IN



45 min.

SERVINGS



24

CALORIES



213 kcal

DESSERT

Ingredients

- 1 cup butter
- 4 large eggs
- 1 cup flour all-purpose
- 24 servings fudge icing
- 1 cup pecans chopped
- 0.1 teaspoon salt
- 2 cups sugar
- 2 ounce chocolate unsweetened
- 2 tablespoons vanilla extract

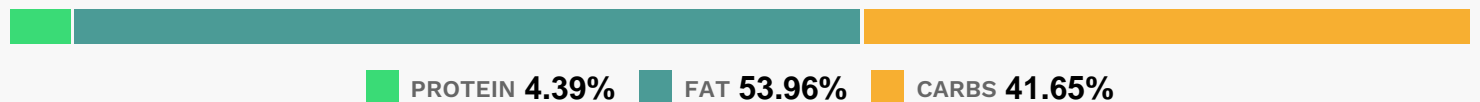
Equipment

- frying pan
- sauce pan
- oven
- wire rack
- hand mixer

Directions

- Cook chocolate and butter in a heavy saucepan over low heat until melted, stirring occasionally.
- Remove from heat, and cool mixture slightly.
- Beat eggs and next 3 ingredients at medium speed with an electric mixer until thick and pale (about 5 minutes). Fold one-third of chocolate mixture into egg mixture. Fold in remaining chocolate mixture, flour, and pecans.
- Pour into a greased and floured 13- x 9-inch pan.
- Bake at 350 for 45 minutes.
- Pour warm Fudge Icing over hot brownies. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:10.59, Glycemic Load:14.9, Inflammation Score:-3, Nutrition Score:3.8378260626417%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 3.39mg, Epicatechin: 3.39mg, Epicatechin: 3.39mg, Epicatechin: 3.39mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 213.3kcal (10.66%), Fat: 13.18g (20.27%), Saturated Fat: 6.24g (39%), Carbohydrates: 22.88g (7.63%), Net Carbohydrates: 21.89g (7.96%), Sugar: 17.75g (19.73%), Cholesterol: 51.48mg (17.16%), Sodium: 86.15mg (3.75%), Alcohol: 0.37g (100%), Alcohol %: 0.97% (100%), Protein: 2.41g (4.83%), Manganese: 0.35mg (17.4%), Copper: 0.15mg (7.48%), Selenium: 4.91µg (7.01%), Vitamin A: 285.5IU (5.71%), Iron: 0.94mg (5.24%), Vitamin B1: 0.08mg (5.23%), Vitamin B2: 0.08mg (4.73%), Phosphorus: 47.2mg (4.72%), Magnesium: 16.05mg (4.01%), Zinc: 0.6mg (4%), Fiber: 0.99g (3.94%), Folate: 15.43µg (3.86%), Vitamin E: 0.38mg (2.57%), Vitamin B5: 0.21mg (2.06%), Vitamin B3: 0.41mg (2.05%), Potassium: 60.85mg (1.74%), Vitamin B12: 0.09µg (1.52%), Calcium: 14.07mg (1.41%), Vitamin B6: 0.03mg (1.37%), Vitamin D: 0.17µg (1.11%), Vitamin K: 1.1µg (1.05%)