



Candy Bar Chocolate Brownies

 Vegetarian

READY IN



40 min.

SERVINGS



16

CALORIES



278 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 12 tablespoons butter melted for greasing the pan plus a little more
- 1.5 cups chocolate bar mini cold crumbled (recommended - Snickers fun size)
- 2 large eggs
- 0.5 cup flour all-purpose
- 0.5 teaspoon salt
- 1.5 cups sugar
- 0.8 cups cocoa powder unsweetened

- 0.5 teaspoon vanilla extract
- 2 tablespoons water

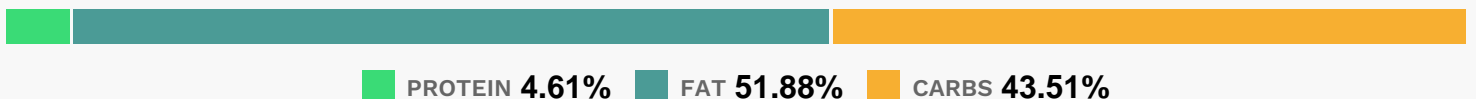
Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- cake form

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- Grease a 9 by 13-inch cake pan (aluminum is fine) with butter. Beat the 1 1/2 sticks butter and the sugar together in a large bowl until blended. Beat in the eggs 1 at a time, then stir in water and vanilla.
- Sprinkle the salt and baking powder over the mixture, then mix in. Do the same with the cocoa. Finally, stir in the flour until just blended.
- Put the candy bars in a food processor or blender and pulse on low speed until all the bars have been reduced to a coarse crumble. Fold the crumble into the batter thoroughly. Scrape the batter into the prepared pan.
- Bake for about 30 minutes, until the center is set, the edges look a bit crusty, and the top of the brownies start to crack a little. Cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:16.6, Inflammation Score:-4, Nutrition Score:6.7030435204506%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 278.36kcal (13.92%), Fat: 16.75g (25.78%), Saturated Fat: 9.94g (62.14%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 28.24g (10.27%), Sugar: 22.77g (25.31%), Cholesterol: 46.32mg (15.44%), Sodium: 166.81mg (7.25%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Caffeine: 22.4mg (7.47%), Protein: 3.35g (6.7%), Manganese: 0.5mg (25.2%), Copper: 0.45mg (22.72%), Iron: 2.83mg (15.72%), Magnesium: 59.41mg (14.85%), Fiber: 3.39g (13.54%), Phosphorus: 101.98mg (10.2%), Selenium: 5.15µg (7.36%), Zinc: 0.94mg (6.25%), Vitamin A: 302.54IU (6.05%), Potassium: 194.5mg (5.56%), Vitamin B2: 0.08mg (4.57%), Calcium: 31.39mg (3.14%), Folate: 11.69µg (2.92%), Vitamin B1: 0.04mg (2.83%), Vitamin E: 0.41mg (2.75%), Vitamin B3: 0.5mg (2.51%), Vitamin B5: 0.2mg (2.03%), Vitamin B12: 0.12µg (1.99%), Vitamin K: 2.06µg (1.97%), Vitamin B6: 0.02mg (1.18%)