

# Chewiest Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



221 kcal

DESSERT

## Ingredients

- 0.5 cup butter melted
- 0.3 cup confectioners' sugar for decoration
- 2 eggs
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 1 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 2 cups sugar white

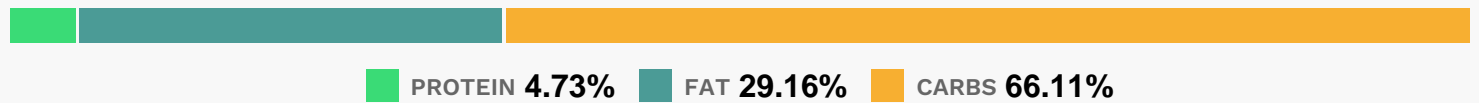
## Equipment

- frying pan
- baking paper
- oven

## Directions

- Preheat oven to 300 degrees F (150 degrees C). Line one 9x13 inch pan with greased parchment paper.
- Combine the cocoa, melted butter, sugar, eggs, salt , flour and vanilla.
- Mix until well combined. It should be very thick and sticky.
- Spread mixture into the prepared pan.
- Bake at 300 degrees F (150 degrees C) for 30 minutes. Cool completely before cutting into squares.

## Nutrition Facts



## Properties

Glycemic Index:13.01, Glycemic Load:23.22, Inflammation Score:-3, Nutrition Score:4.4530435256336%

## Flavonoids

Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 220.62kcal (11.03%), Fat: 7.65g (11.77%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 36.67g (13.33%), Sugar: 29.44g (32.71%), Cholesterol: 38.09mg (12.7%), Sodium: 97.48mg (4.24%), Alcohol: 0.18g (100%), Alcohol %: 0.4% (100%), Caffeine: 13.19mg (4.4%), Protein: 2.79g (5.58%), Manganese: 0.28mg (14.05%), Copper: 0.24mg (11.8%), Fiber: 2.35g (9.39%), Selenium: 5.7µg (8.14%), Magnesium: 31.36mg (7.84%), Iron: 1.3mg (7.24%), Phosphorus: 64.55mg (6.45%), Vitamin B2: 0.09mg (5.32%), Folate: 20.07µg (5.02%), Vitamin B1: 0.07mg (4.84%), Vitamin A: 220.77IU (4.42%), Zinc: 0.53mg (3.57%), Vitamin B3: 0.63mg (3.13%), Potassium: 107.36mg (3.07%), Vitamin E: 0.25mg (1.65%), Vitamin B5: 0.15mg (1.5%), Calcium: 14.07mg (1.41%),

Vitamin B12: 0.07µg (1.08%), Vitamin B6: 0.02mg (1.04%)