

Chewy Brownies

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



89 kcal

DESSERT

Ingredients

- 0.5 cup baking cocoa
- 1 teaspoon double-acting baking powder
- 0.3 cup confectioners' sugar
- 2 tablespoons plus light
- 4 eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

- 1 cup vegetable oil
- 4 teaspoons water
- 2 cups sugar white

Equipment

- bowl
- oven
- whisk
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking pan.
- Combine white sugar, flour, cocoa, salt, and baking powder in a bowl.
- Whisk oil, eggs, corn syrup, and vanilla extract in a small bowl. Stir egg mixture into flour mixture; fold in walnuts.
- Spread into prepared baking pan.
- Bake in preheated oven until a toothpick inserted near the center comes out clean, about 30 minutes.
- Combine confectioner's sugar and water in a small bowl to make a glaze; drizzle over warm brownies.

Nutrition Facts



Properties

Glycemic Index:7.11, Glycemic Load:10.84, Inflammation Score:-1, Nutrition Score:1.8586956573569%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg,

Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 89.24kcal (4.46%), Fat: 1.93g (2.97%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 17g (6.18%), Sugar: 12.91g (14.34%), Cholesterol: 18.19mg (6.06%), Sodium: 52.3mg (2.27%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Protein: 1.39g (2.78%), Selenium: 3.52µg (5.03%), Manganese: 0.08mg (4.18%), Vitamin B2: 0.05mg (3.14%), Folate: 12.21µg (3.05%), Vitamin B1: 0.04mg (2.97%), Copper: 0.06mg (2.87%), Iron: 0.51mg (2.85%), Phosphorus: 26.51mg (2.65%), Fiber: 0.58g (2.33%), Vitamin K: 2.29µg (2.18%), Magnesium: 7.75mg (1.94%), Vitamin B3: 0.34mg (1.69%), Zinc: 0.19mg (1.25%), Calcium: 11.9mg (1.19%), Vitamin E: 0.15mg (1.03%), Vitamin B5: 0.1mg (1.01%)