



Chewy Cocoa Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



370 kcal

DESSERT

Ingredients

- 0.8 cup cocoa powder
- 0.5 teaspoon double-acting baking powder
- 0.8 cup butter melted
- 2 large eggs
- 1.3 cups flour all-purpose
- 1.7 cups granulated sugar
- 0.8 cup nuts chopped
- 12 servings powdered sugar

- 0.3 teaspoon salt
- 2 teaspoons vanilla extract
- 2 tablespoons water

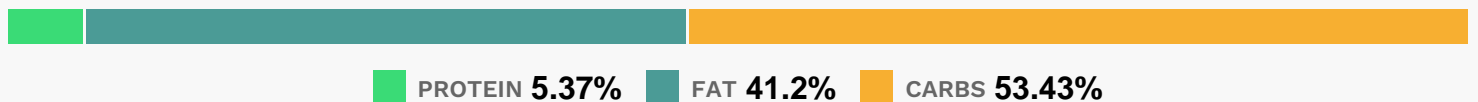
Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

Directions

- PREHEAT oven to 350 degrees F. Grease 13x9-inch baking pan.
- COMBINE sugar, butter and water in large bowl. Stir in eggs and vanilla extract.
- Combine flour, cocoa, baking powder and salt in medium bowl; stir into sugar mixture. Stir in nuts.
- Spread into prepared baking pan.
- BAKE for 18 to 25 minutes or until wooden pick inserted in center comes out slightly sticky. Cool completely in pan on wire rack.
- Sprinkle with powdered sugar.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:22.23, Glycemic Load:27.54, Inflammation Score:-6, Nutrition Score:7.5126087516546%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg,

Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 370.27kcal (18.51%), Fat: 17.81g (27.39%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 51.96g (17.32%), Net Carbohydrates: 48.79g (17.74%), Sugar: 35.79g (39.77%), Cholesterol: 31mg (10.33%), Sodium: 214.84mg (9.34%), Alcohol: 0.23g (100%), Alcohol %: 0.32% (100%), Caffeine: 12.36mg (4.12%), Protein: 5.22g (10.45%), Manganese: 0.48mg (24.04%), Copper: 0.35mg (17.41%), Magnesium: 51.7mg (12.93%), Fiber: 3.17g (12.7%), Selenium: 8.25µg (11.79%), Phosphorus: 117.06mg (11.71%), Vitamin A: 553.84IU (11.08%), Iron: 1.91mg (10.6%), Vitamin B1: 0.14mg (9.07%), Folate: 35.7µg (8.92%), Vitamin B2: 0.15mg (8.84%), Vitamin B3: 1.37mg (6.86%), Zinc: 0.92mg (6.12%), Potassium: 169.5mg (4.84%), Vitamin E: 0.54mg (3.61%), Calcium: 34.52mg (3.45%), Vitamin B5: 0.32mg (3.23%), Vitamin B6: 0.05mg (2.74%), Vitamin B12: 0.09µg (1.47%), Vitamin D: 0.17µg (1.11%)